volume 1

magic cuisine™

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

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magic cuisine™

volume 1

a collection of delicious recipes
that celebrate the joy of healthy living.

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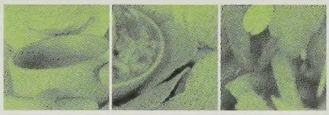

Contents

Breakfast
Don't skip breakfast! Start your day right with nutritious energy boosters that are easy to prepare. 7

Salads
A wide variety of salads to suit every taste. 21

Lunch
Quick, easy ideas for lunches on the run.. 39

Side Dishes
Tempting side dishes blend with your main course. They're simple, versatile, and delicious. 57

Main Dishes
Lean cuts of meat, fish, and poultry featured in hearty, home-style dishes. 75

Desserts
Satisfy your sweet tooth with an assortment of fresh tasting desserts that add a boost to any meal. 141

Beverages
Quench your thirst with an assortment of beverages. 165

Miscellaneous
Appetizers, dips, sauces and snacks. 177

Welcome...

...to the delicious world of low-calorie, nutritious, high flavoured cooking! You'll be amazed at just how delicious weight loss can be when you taste each of the following recipes!

Each savoury dish comes with simple serving allotment guidelines, making it easy to stay on your correct QLP program.

A variety of seasonings are included in these recipes, but the amounts are usually left to your own discretion. Start by using very small amounts. Discover your own preferences. You'll find that spices and herbs not only enhance the natural flavour of food, but help cut down on your salt intake. Artificial sweetener is found in some of the recipes. In some cases, we have left the amount to your own judgment. Give your taste buds a chance to enjoy the delicious, natural flavour in foods.

Every recipe has been kitchen tested for ease of preparation and tastiness so you'll never again have to cook two meals (one for yourself and one for your family or guests). Just increase the portions cooked for the number of eaters and they'll never dream they're eating nutritious, low-calorie food unless you tell them. Your secret's safe with us.

Acknowledgement: We would like to extend our sincerest appreciation to all Herbal Magic clients and staff who submitted recipes and helped complete the book.

Breakfast
contents

Apple Pie Breakfast 9
Breakfast Burrito 10
Breakfast in a Mug 11
Breakfast Mini Quiches 12
Breakfast Sandwich 13
Cinnamon French Toast 14
Eggs Benedict 15
Fluffy Apple Omelet 16
Mushroom and Cheese Baked Eggs 17
Open-Faced Egg Burger 18
Peach Crepe 19
Strawberry Instant Breakfast 20

Apple Pie Breakfast

1	**small apple, cut into small pieces**
1 tsp.	**cinnamon**
1/2	**regular pita**

Microwave apple pieces for 2 to 3 minutes.
Mix cinnamon with apple.
Put mixture inside pita.
Toast in toaster oven.

- **Serves one**
- **One serving = 1 fruit, 1 starch**

Breakfast Burrito

1/2 cup	zucchini, chopped
1/2 cup	mushrooms, sliced
2	medium eggs
1/2 cup	1% cottage cheese
1/4 tsp.	basil
	black pepper
	Flavo-Magic™
1	6" tortilla

Heat zucchini and mushrooms in a non-stick skillet until tender.

Break eggs into skillet and scramble on medium-high heat until almost set.

Add cottage cheese, basil, pepper and Flavo-Magic™.

Cook until well set.

Place on tortilla and roll.

- **Serves one**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1 dairy**

Thanks, Francine H.

Remember to keep moving –
your body burns calories all day long!

Breakfast in a Mug

2	**medium eggs**
2 tbsp.	**skim milk**
1/4 tsp.	**black pepper**
	onion powder (optional)
1 oz	**mozzarella cheese, shredded**

Beat eggs, milk and seasoning together in a microwaveable mug.

Cover with plastic wrap.

Microwave on medium-high for 1 to 1-1/2 minutes.

Remove plastic wrap and stir.

Sprinkle with cheese.

Cover and let stand 1 minute before serving.

- **Serves one**
- **One serving = 1 protein, 1 dairy**

Variations:

Add 2 tbsp. minced onion and a 1/4 cup minced red and green pepper; add a 1/2 vegetable to allotment.

Add 2 oz cooked meat and a 1/4 cup minced onion; add a 1/2 protein and a 1/2 vegetable to allotment.

Life does not require us to be the biggest or the best, it asks only that we try.

Breakfast Mini Quiches

8 slices	**diet bread**
4 tsp.	**legal margarine**
4	**eggs**
6 oz	**2% milk**
1/4 cup	**red peppers, finely chopped**
1/4 cup	**green onions, finely chopped**
1/4 cup	**mushrooms, finely chopped**
3 oz	**Swiss cheese, grated**

Preheat oven to 325°.

Remove crust from bread and spread with margarine.

Place bread margarine side down firmly into muffin cups.

Bake for 10 minutes.

Meanwhile, combine eggs and milk in a large measuring cup, then set aside.

Sauté green onions, mushrooms and red peppers until cooked.

Divide evenly between bread cups.

Pour a bit of egg mixture over top of bread cups allowing it to be partially absorbed and then adding more.

Sprinkle with cheese.

Bake for 16 to 18 minutes or until golden and puffy.

If edges brown before eggs are set, cover with aluminum foil.

- **Serves four**
- **One serving = 1/2 protein, 1/4 vegetable, 1 starch, 1 dairy, 1 fat**

Breakfast Sandwich

1/2 cup	red onion, chopped
1/2 cup	green or red pepper, chopped
1 cup	zucchini, chopped
1/2 cup	mushrooms, chopped
1 cup	spinach, torn into pieces
8	medium eggs
	black pepper
	Flavo-Magic™
4 oz	Swiss cheese, shredded
8 slices	diet bread

Coat a large non-stick skillet with non-stick cooking spray.
Heat skillet until warm.
Add onion and pepper and cook for 2 minutes.
Add zucchini, mushrooms and spinach, cook and stir for 7 to 10 minutes, then set aside.
Coat another skillet with non-stick cooking spray.
Heat skillet until warm.
Beat eggs in a medium bowl.
Season with pepper and Flavo Magic™.
Pour egg mixture into the skillet and cook for 2 to 3 minutes.
Add Swiss cheese and stir until melted.
Stir in cooked vegetables.
Cook and stir for 1 to 3 minutes or until egg is set.
Divide into 4 pieces.
Place each piece between two slices of diet bread.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1 dairy**

Cinnamon French Toast

2	egg whites
1/2 cup	skim milk
1/4 tsp.	cinnamon
1/4 tsp.	vanilla extract
1 tsp.	legal margarine
2 slices	diet bread

Beat egg whites, milk, cinnamon and vanilla extract together in a medium bowl.

Pour egg mixture into a flat dish.

Melt margarine in a frying pan over medium heat.

Dip bread in egg mixture and sauté in pan for about 1 minute per side, or until brown.

- **Serves one**
- **One serving = 1/2 protein, 1 starch, 1/2 dairy, 1 fat**

Eggs Benedict

1/2	English muffin
1	egg
1	serving Hollandaise sauce (see below)
	paprika

Toast English muffin and place on a serving plate.
Poach egg.
When cooked, gently lift from liquid with slotted spoon, allowing all water to drain away.
Gently place egg in the middle of the English muffin.
Spoon warm Hollandaise Sauce over egg.
Sprinkle with paprika.

Hollandaise Sauce:

2	egg yolks
1/2 tsp.	lemon juice
1 tbsp.	plain non-fat yogurt
	black pepper

Whisk egg yolks and lemon juice together in the top of a double boiler.
Place over simmering water, stirring constantly.
Continue to whisk until egg mixture just begins to thicken.
Remove pan from heat.
Gently stir in yogurt.
Sprinkle with pepper.
Add a little more lemon juice if desired.

- **Serves one**
- **One serving = 1 protein, 1 starch**

Fluffy Apple Omelet

4 tsp.	**legal margarine**
2	**small apples, cored, pared and sliced**
1 tsp.	**brown sugar substitute**
1 tsp.	**orange peel, grated**
	dash of cinnamon
4	**eggs, separated**
1 tbsp.	**artificial sweetener**
1/4 tsp.	**vanilla extract**
1/4 cup	**water**

Heat 2 tsp. of margarine in a skillet.

Add apple slices, brown sugar substitute, orange peel and cinnamon.

Sauté over medium heat until apples are glazed and tender.

Stir egg yolks, artificial sweetener and vanilla extract together in a bowl until thick.

In another bowl, beat egg whites with a 1/4 cup of water until stiff.

Fold beaten whites into yolk mixture.

Melt 2 tsp. margarine in a skillet.

Pour in egg mixture, spreading lightly to smooth top.

Cook until light and fluffy and underside is lightly browned.

Spoon apples onto omelet and fold in half.

- **Serves four**
- **One serving = 1/2 protein, 1/2 fruit, 1 fat**

Mushroom and Cheese Baked Eggs

2 cups	**mushrooms, sliced**
4 tsp.	**legal margarine**
1/2 tsp.	**lemon juice**
1/4 cup	**plain non-fat yogurt**
8	**eggs**
1	**green onion, finely chopped**
1/2 cup	**Swiss cheese, shredded**

Preheat oven to 350°.

Sauté mushrooms with margarine and lemon juice for 3 to 4 minutes.

Meanwhile, divide yogurt equally into 4 large custard cups.

Crack 2 eggs into each dish.

Top with drained mushrooms and sprinkle with green onion and cheese.

Cover each custard cup with foil.

Bake for 15 to 20 minutes or until yolks reach desired doneness.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable, 1 dairy, 1 fat**

Order first at restaurants so you won't be tempted by what others are ordering.

Open-Faced Egg Burger

1 tsp.	**legal margarine**
1	**egg**
	black pepper
	Flavo Magic™
1 slice	**1% processed cheese**
1/2	**English muffin**

Melt margarine in a skillet over medium heat.
Break egg into skillet.
Break the yolk with spatula and mix with the white.
Season with pepper and Flavo Magic™.
When egg is set, turn and cook briefly on the other side.
Place cheese slice on a warm or toasted English muffin.
Top with cooked egg.

- **Serves one**
- **One serving = 1/2 protein, 1 starch, 1/2 dairy, 1 fat**

Believe in yourself; then what others say will not matter.

Peach Crepe

1	**small peach, pitted and chopped into small pieces**
	artificial sweetener
	cinnamon
	nutmeg
2	**medium eggs**

Cook peach pieces with sweetener and spices until tender and syrupy.

Scramble eggs in a large skillet, allowing them to make a thin layer.

Pour peach mixture over cooked eggs.

- **Serves one**
- **One serving = 1 protein, 1 fruit**

No sugar added or Unsweetened means it may contain naturally present sugar, but has no sugar added.

Strawberry Instant Breakfast

8 oz	**skim milk**
1	**medium egg**
1 cup	**fresh or frozen unsweetened strawberries**
1 tsp.	**vanilla extract**

Combine all ingredients in a blender.
Blend at high speed for 1 minute or until frothy.

- **Serves one**
- **One serving = 1/2 protein, 1 fruit, 1 dairy**

Stop skipping breakfast! Eating breakfast, even on the run, can give your body and your brain the energy they need to carry you through the day.

Salads
contents

Beyond Be-Leaf Garden Salad 23
Chef Salad 24
Chicken Pasta Salad 25
Cucumber Orange Salad 26
Dilled Potato Salad 27
Egg Salad Supreme 28
Florida Chicken Salad 29
Italian Pasta Salad 30
Marinated Vegetable Salad 31
Pineapple Chicken Salad 32
Red Potato Salad 33
Shrimp and Crab Salad 34
Spinach Salad 35
Tasty Tuna Salad 36
Tuna, Pineapple and Rice Salad 37

Beyond Be-Leaf Garden Salad

5 cups	romaine or mixed greens, shredded
1 cup	alfalfa sprouts
1 cup	carrots, grated
1/2 cup	red onion, thinly sliced into rings
1 cup	cherry tomatoes, halved
1 cup	cucumber, unpeeled and sliced thinly
	lemon juice
	black pepper

Divide lettuce among 6 serving plates.

Sprinkle each with alfalfa sprouts, grated carrots and red onion rings.

Arrange cherry tomato halves and cucumber slices on top.

Serve with lemon juice and pepper.

- **Serves six**
- **One serving = 2 vegetables**

Add fiber to your diet! Sprinkle a 1/4 cup of All-Bran cereal on a serving of tossed salad to provide an additional 5g of fiber to the salad.

Chef Salad

1 cup	romaine lettuce, washed and dried
1	hard-boiled egg, sliced
2-1/2 oz	cold chicken, chopped
1/2 cup	cucumber, sliced
1/2 cup	tomato, sliced
1 oz	Swiss cheese, grated
2 tbsp.	fat-free Thousand Island dressing

Place lettuce in a bowl.

Layer hard-boiled egg, chicken, cucumber and tomato on top of lettuce.

Top with Swiss cheese and dressing.

- **Serves one**
- **One serving = 1 protein, 2 vegetables, 1 dairy, 1 free exchange**

Thanks, Kim B.

Chicken Pasta Salad

2 cups	**cooked macaroni**
10 oz	**skinless, boneless chicken breast**
1/8 tsp.	**black pepper**
1 cup	**tomato, diced**
1 cup	**zucchini, halved lengthwise and sliced**
1/2 cup	**green onions, sliced**
1/2 cup	**carrots, sliced**
1/2 cup	**fat-free Italian dressing**
1/4 cup	**fresh basil, chopped**

Cook macaroni according to package directions.

Drain macaroni, rinse with cold water and drain.

Rinse chicken and pat dry with paper towels.

Cut chicken into 1 inch pieces.

Spray an unheated large skillet with non-stick cooking spray.

Add the chicken and stir-fry over medium-high heat for 3 to 4 minutes or until chicken is no longer pink.

Sprinkle with pepper and remove from heat.

Toss cooked macaroni, chicken, tomato, zucchini, green onion and carrots together in a large mixing bowl.

Drizzle with dressing and sprinkle with basil.

Toss to coat.

Cover and refrigerate at least 2 hours.

Toss salad before serving.

- **Serves four**
- **One serving = 1/2 protein, 1 vegetable, 1 starch, 1 free exchange**

Cucumber and Orange Salad

3/4 cup	cucumber, scored and thinly sliced
1 small	orange, peeled and sectioned
2 tbsp.	Spanish onion, minced
1 tbsp.	lemon juice
1/4 tsp.	pepper
1 tsp.	olive oil
1 tsp.	vinegar
1 cup	lettuce leaves

Combine cucumber, orange sections and onion and in a medium bowl.

Combine lemon juice, pepper, olive oil and vinegar in a small bowl.

Pour over cucumber mixture and toss to coat.

Cover and refrigerate for 1 hour.

Serve on bed of lettuce leaves.

- **Serves one**
- **One serving = 2 vegetables, 1 fruit, 1 fat**

Judge your success by what you had to give up in order to get it.

Dilled Potato Salad

4	small potatoes, cooked whole, cubed
3/4 cup	cucumber, seeded and chopped
1/4 cup	radish, sliced
1/2 cup	red pepper, chopped
1/2 cup	green pepper, chopped
2 tsp.	fresh dill

Dressing:

1/2 cup	1% cottage cheese
1/4 tsp.	fresh lemon juice

Mix all ingredients except those for the dressing in a medium bowl and set aside.

Process dressing ingredients in a blender until thick and creamy.

Add dressing to salad.

Toss well.

Cover and chill before serving.

- **Serves four**
- **One serving = 1/2 vegetable, 1 starch, 1/4 dairy**

Don't store potatoes and apples together! The apples give off an ethylene gas that will spoil the potatoes.

Egg Salad Supreme

1	**hard-boiled egg, grated**
1/4 cup	**cottage cheese**
	vinegar
	garlic powder

Mix egg and cottage cheese in a small bowl until blended. Add vinegar and garlic powder to taste.

- **Serves one**
- **One serving = 1/2 protein, 1/2 dairy**

Garlic is a natural antibiotic, improves digestion, reduces blood pressure and stimulates immunity.

Florida Chicken Salad

1/4 cup	mayonnaise
2 tbsp.	fresh lime juice
1/8 tsp.	black pepper
1-1/2	grapefruits, peeled and sectioned
6 - 5 oz	cooked chicken breasts, diced
1 cup	celery, diced
5 cups	assorted salad greens

Mix mayonnaise, lime juice and black pepper in a large bowl.
Add grapefruit, chicken and celery.
Toss gently to coat evenly.
Line bowl with greens and top with chicken salad.

- **Serves six**
- **One serving = 1 protein, 1 vegetable, 1/2 fruit, 2 fats**

Italian Pasta Salad

2 cups	cooked macaroni
3/4 cup	tomato, chopped
1/4 cup	cucumber, chopped
1/2 cup	yellow pepper, chopped
1/4 cup	green onion, chopped

Dressing:

2 tbsp.	water
4 tsp.	olive oil
1/2 tsp.	Flavo-Magic™
1	garlic clove, finely minced

Toss all salad ingredients.

Cover and refrigerate about 30 minutes or until chilled.

Combine all dressing ingredients in a jar.

Shake well.

Add dressing to salad and serve.

- Serves four
- One serving = 1/2 vegetable, 1 starch, 1 fat

Marinated Vegetable Salad

2 cups	zucchini, cut lengthwise and sliced
1-1/2	cups yellow squash, chopped
1 cup	broccoli, chopped
1 cup	cauliflower, chopped
1 cup	carrots, sliced
1 cup	red onion, chopped
1 cup	mushrooms, chopped

Dressing:

1 cup	white vinegar
1/2 cup	wine vinegar
1/4 cup	lemon juice
1/2 tsp.	oregano
1/2 tsp.	dry mustard
1/2 tsp.	garlic powder
1/4 tsp.	anise seed

Combine sliced vegetables in a large bowl.

Combine all dressing ingredients in a large jar.

Shake well and pour over vegetables several hours before serving.

Refrigerate.

Stir once every hour.

- **Serves eight**
- **One serving = 1-1/2 vegetables**

Pineapple Chicken Salad

10 oz	cooked chicken, diced
1 cup	fresh pineapple, chopped
3/4 cup	plain non-fat yogurt
1/2 cup	celery, sliced
1/4 cup	green onion, sliced
1/4 tsp.	ground ginger
1/4 to 1/2 tsp.	curry powder
2 cups	lettuce, shredded

Combine all ingredients except lettuce.
Serve salad on shredded lettuce.

- Serves two
- One serving = 1 protein, 1-1/2 vegetables, 1 fruit, 1/2 dairy

Success comes before work only in the dictionary.

Red Potato Salad

4	small red potatoes, cut into 1/4" slices
1/4 cup	carrot, diced
1/2 cup	celery, diced
1/4 cup	red onion, diced
1/4 cup	green onion, diced
2 tbsp.	parsley, chopped
4 tsp.	olive oil
1/2 tsp.	celery powder
1	garlic clove, minced
1/2 tsp.	black pepper
	white vinegar

Steam potatoes until tender (about 20 minutes).

Add carrots and continue to steam for another 5 to 7 minutes.

Drain water.

Toss potatoes, carrot, celery, onion and parsley in a large bowl until mixed well.

Whisk olive oil, celery powder, garlic, pepper and white vinegar to taste in small bowl.

Pour over potato mixture and stir gently until evenly coated with dressing.

Serve warm or cold.

- **Serves four**
- **One serving = 1/2 vegetable, 1 starch, 1 fat**

Shrimp and Crab Salad

5 oz	small salad shrimp, peeled and cooked
5 oz	crab meat
1/2 cup	celery, finely chopped
1/4 cup	shallots, finely chopped
1 tsp.	fresh dill, chopped
1/4 cup	fat-free mayonnaise
2 tbsp.	lemon juice
1/4 tsp.	dry mustard
	Tabasco sauce
	black pepper
1 cup	lettuce, shredded
1	regular pita, halved

Combine shrimp, crab, celery, shallots and dill in a large bowl.
Toss to mix.
Combine mayonnaise, lemon juice and dry mustard for dressing.
Season dressing with Tabasco sauce and black pepper and mix well.
Add to the seafood mixture and mix well.
Stuff half of the mixture inside half of a pita with lettuce.

- **Serves two**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1 free exchange**

Spinach Salad

6 cups	fresh spinach leaves, stems removed
1 cup	mushrooms, thinly sliced
1 cup	red onion rings, thinly sliced
3	navel oranges, peeled and sectioned
1 tbsp.	fresh lemon juice
1	garlic clove, minced
1 tbsp.	white vinegar
	black pepper

Toss spinach, mushrooms, onion rings and half of the orange sections together in a large bowl and set aside.

Blend remaining half of the navel oranges with lemon juice, garlic, white vinegar and pepper together.

Transfer to a small bowl and microwave until quite warm.

Divide salad among six serving plates and drizzle the warm dressing over top.

- **Serves six**
- **One serving = 1-1/2 vegetables, 1/2 fruit**

Tasty Tuna Salad

4 oz	**water-packed tuna (do not drain)**
1/2 cup	**zucchini, chopped**
1/4 cup	**mushrooms, finely chopped**
1/4 cup	**celery, finely chopped**

Combine all ingredients (including tuna liquid) in a medium mixing bowl.

Refrigerate until chilled.

- **Serves one**
- **One serving = 1 protein, 1 vegetable**

If you continue to think like you've always thought, you'll continue to get what you've always got.

Tuna, Pineapple and Rice Salad

1/2 cup	**pineapple, crushed**
1/2 cup	**cooked, chilled rice**
4 oz	**tuna, drained and flaked**
1/4 cup	**celery, finely chopped**
2 tbsp.	**onion, finely chopped**
1/4 cup	**water chestnuts**
2 tbsp.	**fat-free mayonnaise**
1 cup	**lettuce, shredded**

Combine all ingredients except the lettuce.

Cover and chill.

Serve over lettuce.

- **Serves one**
- **One serving = 1 protein, 2 vegetables, 1 fruit, 2 starches, 1 free exchange**

If something is calorie-free, it means it contains no more than 1 calorie per 100 g.

Lunch contents

Asparagus Omelet 41
Chicken Vegetable Soup 42
Cold Cucumber Yogurt Soup 43
Egg Salad Wrapper 44
Healthy Joes 45
Honey Dijon Pita Pockets 46
Italian Tuna Sandwich 47
Marinated Red Onion, Chicken and Tomato Salad Pita Pockets 48
Pita Pizza 49
Ratatouille Soup 50
Salsa Tuna Melt 51
Tuna Curry Sandwich 52
Tuna and Dill Pita 53
Tuna Wraps 54
Turkey and Swiss Tortilla Wraps 55
Twelve O'clock Noon Entrée 56

Asparagus Omelet

2	**eggs**
dash	**of Tabasco sauce**
	black pepper
2 tsp.	**legal margarine**
1/4 cup	**asparagus tips, cooked**
1/4 tsp.	**dried dill**

Beat eggs in a bowl with Tabasco sauce and pepper.

Heat margarine in a non-stick pan.

Pour egg mixture into the pan and cook, tipping the pan until egg is set.

Slide omelet onto a plate.

Place asparagus tips on top of omelet.

Fold omelet in half.

Garnish with dill and serve.

- **Serves one**
- **One serving = 1 protein, 1/4 vegetable, 2 fats**

You can't turn back the clock, but you can wind it up again.

Chicken Vegetable Soup

5 oz	**boneless, skinless chicken, cut up**
	water
1/2 cup	**broccoli, chopped**
1/2 cup	**cauliflower, chopped**
1/4 cup	**onion, chopped**
1/4 cup	**carrot, chopped**
	Flavo-Magic™

Cover chicken with water in a medium saucepan.

Bring to a boil and cook over medium heat for 15 minutes.

Add chopped vegetables and seasonings.

Simmer for 15 more minutes.

Variation: Try using a 1/4 cup chopped onion, a 1/4 cup peas and 1 cup mushrooms for vegetables instead.

Tip: If not eating immediately, do not cook vegetables, but allow soup to cool and refrigerate in sealed container. Then heat and add vegetables just before eating.

- **Serves one**
- **One serving = 1 protein, 2 vegetables**

Thanks, Marianne N.

Cold Cucumber Yogurt Soup

2	**large cucumbers (approx. 4 cups)**
8 oz	**plain non-fat yogurt**
1/2 cup	**2% milk**
1 tsp.	**onion, finely grated**
1/2 tsp.	**dried dill weed**

Pare cucumbers.
Split lengthwise and remove seeds.
Grate cucumbers.
Combine yogurt, milk, onion and dill weed.
Stir cucumber into yogurt mixture.
Cover and chill.

- **Serves four**
- **One serving = 1 vegetable, 1/2 dairy**

Be what you wish others to become.

Egg Salad Wrapper

8	hard-boiled eggs, peeled
1/2 cup	celery, sliced
1/4 cup	green onion, sliced
1/2 cup	fat-free mayonnaise
4	whole wheat 6" tortillas
	Flavo-Magic™
	black pepper
1 cup	lettuce, shredded

Chop eggs into large pieces in a bowl.

Add celery, green onion, mayonnaise, Flavo Magic™ and pepper to chopped eggs.

Mix thoroughly.

Place lettuce on top of the tortillas.

Spread a 1/4 of egg mixture on top of lettuce on each tortilla.

Fold one side of tortilla up and over egg salad mixture and overlap with other side.

- **Serves four**
- **One serving = 1 protein, 1 starch, 1/2 vegetable, 1 free exchange**

Skipping meals slows down your metabolism, which makes it tougher to lose weight.

Healthy Joes

16 oz	**ground turkey**
1/2 cup	**onion, chopped**
1/2 cup	**green pepper, chopped**
1 cup	**Healthy Choice pasta sauce**
1/2 cup	**tomatoes, chopped**
1/2 tsp.	**cumin (optional)**
	black pepper
2	**regular pitas, halved**

Spray a frying pan with non-stick cooking spray.
Brown turkey, onion and green pepper.
Add pasta sauce, tomatoes and seasonings.
Simmer 15 to 20 minutes.
Serve in pita halves.

- **Serves four**
- **One serving = 1 protein, 1 starch, 1/2 vegetable, 1/2 free exchange**

The journey to your ideal weight progresses calorie by calorie.

Honey Dijon Pita Pocket

1/2 cup	fat-free Honey Dijon dressing, divided
4	regular whole wheat pitas, halved
1 cup	spinach leaves, washed and dried well
8 slices	1% processed cheese
1/4 cup	red onion, diced
1/2 cup	tomato, chopped
10 oz	turkey, cooked

Spread 2 tsp. of dressing inside each pita half.
Line each pita half with spinach leaves and 1 cheese slice.
Fill each pita with equal amounts of red onion, tomato and turkey.
Drizzle remaining dressing evenly over top of each pita.

- **Serves four**
- **One serving = 1/2 protein, 1/2 vegetable, 2 starches, 1 dairy, 1 free exchange**

Italian Tuna Sandwich

2 tbsp.	**fat-free Italian dressing**
1 oz	**mozzarella cheese, grated**
1/4 cup	**plum tomatoes, chopped**
4 oz	**tuna**
1/4 cup	**lettuce, shredded**
1	**regular pita, halved**

Combine dressing, cheese and tomatoes.

Add tuna to mixture.

Place lettuce and tuna into pita halves.

- **Serves one**
- **One serving = 1 protein, 1/2 vegetable, 2 starch, 1 dairy, 1 free exchange**

Only buy canned tuna packed in water, not oil.

Marinated Red Onion, Chicken and Tomato Salad Pita Pockets

4 - 5 oz	**cooked chicken breasts (broiled or grilled)**
1	**medium red onion, peeled and thinly sliced**
1 cup	**cherry tomatoes, quartered**
2 cups	**iceberg lettuce, thinly sliced**
1/2 cup	**fresh basil, chopped**
1 package	**brown sugar substitute**
1/4 cup	**vinegar**
4 tsp.	**olive oil**
	black pepper
2	**regular pitas, halved**

Toss chicken, onion, tomatoes, lettuce and basil together.

Sprinkle with brown sugar substitute and drizzle with vinegar and olive oil.

Toss well and season with pepper.

Cover and let marinate in the fridge for at least 2 hours.

Serve in pita.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1 fat**

The best way to rid your body of excess retained water is to drink more water.

Pita Pizza

1	regular pita
2 tbsp.	Healthy Choice pasta sauce
1/4 cup	green pepper, diced
1/4 cup	onion, diced
1/4 cup	mushrooms, sliced
2-1/2 oz	cooked chicken, cubed
1 oz	mozzarella cheese, grated

Preheat oven to 350°.

Cover pita with pasta sauce.

Top with vegetables and chicken.

Sprinkle mozzarella cheese over pita.

Place in oven for approximately 10 minutes or until cheese is melted.

- **Serves one**
- **One serving = 1/2 protein, 1 vegetable, 2 starch, 1 dairy, 1/4 free exchange**

Ratatouille Soup

2-1/2 cups	eggplant, peeled and cubed
2 cups	water
2 cups	plum tomatoes, chopped and with juices
1/2 cup	mushrooms, sliced
2	garlic cloves, minced
1 cup	zucchini, coarsely chopped
1 tsp.	Flavo-Magic™
1/4 tsp.	black pepper
4 oz	mozzarella cheese, grated

Combine all ingredients except cheese in a large pot, stirring well.
Bring to a boil.
Cover and reduce heat.
Simmer for 25 minutes or until vegetables are tender.
To serve, place soup in 4 bowls and sprinkle 1 oz of cheese on each.

- **Serves four**
- **One serving = 1-1/2 vegetables, 1 dairy**

Save the water from cooked vegetables (it contains a lot of vitamins and minerals) and use it to make soups.

Salsa Tuna Melt

4 oz	**tuna**
1/4 cup	**P.C. fat-free salsa picante**
2 slices	**diet bread**
2 slices	**non-fat processed cheese**
	black pepper

Preheat oven to 375°.
Mix tuna and salsa.
Toast bread and let cool.
Place cheese slices on toast.
Top with tuna salsa mixture.
Sprinkle with pepper to taste.
Bake for 15 minutes or until thoroughly heated.
Serve with a side salad for lunch or eat as an evening snack.

- **Serves one**
- **One serving = 1 protein, 1 starch, 1 dairy, 1 free exchange**

Thanks, Morag C.

Positive attitudes create positive people.

Tuna Curry Sandwich

1 tsp.	**mayonnaise**
1 tbsp.	**plain non-fat yogurt**
1/4 tsp.	**curry powder**
4 oz	**tuna**
2 slices	**diet bread**

Combine mayonnaise, yogurt and curry powder.
Add to tuna.
Spread onto bread.

- **Serves one**
- **One serving = 1 protein, 1 starch, 1 fat**

Tuna and Dill Pita

2 tbsp.	**fat-free mayonnaise**
2 tbsp.	**green onion, chopped**
1-1/2 tsp.	**dried dill**
4 oz	**tuna**
1/2 cup	**lettuce, shredded**
1/2	**regular pita**

Combine mayonnaise, green onion and dill.

Add tuna to mixture.

Place lettuce and tuna mixture into pita.

- **Serves one**
- **One serving = 1 protein, 1/2 vegetable, 1 starch, 1 free exchange**

Tuna Wraps

8 oz	tuna
1/2 cup	fat-free cucumber dill dressing
1/2 cup	red apple, finely diced
1/2 cup	celery, chopped
1/4 cup	red onion, finely chopped
	Flavo-Magic™
	black pepper
1 cup	iceberg lettuce, shredded
4 soft	whole wheat 6" tortillas

Mix all ingredients in a bowl except for the lettuce and tortillas.

Adjust seasonings as necessary.

Spread a 1/4 of the tuna mixture on each tortilla, leaving a 1" border around the edge.

Sprinkle lettuce over the mixture.

Roll over once, then tuck the edges in towards the middle.

Finish rolling and serve seam side down.

- **Serves four**
- **One serving = 1/2 protein, 1/2 vegetable, 1 starch, 1/4 fruit, 1 free exchange**

Turkey and Swiss Tortilla Wraps

4	whole wheat 6" tortillas
4 oz	Swiss cheese, grated
5 oz	cooked turkey breast, sliced
1-1/2 cups	cucumber, peeled and thinly sliced
1 cup	spinach, shredded
1-1/2 cups	tomato, thinly sliced

Dressing:

8 tsp.	mayonnaise
1-1/2 tsp.	lemon juice
1/4 tsp.	dried dill weed
1	garlic clove, minced

Prepare dressing by combining all ingredients in a small bowl.
Place a tortilla on a flat surface.
Spread 1-1/2 tbsp. of dressing over the tortilla.
Place Swiss cheese on the tortilla, leaving a 1" border on all sides.
Top with a 1/4 of the turkey, spinach, cucumber and tomato.
Roll up tight.
Repeat for all tortilla wraps.
Wrap each tightly in plastic wrap.
Chill for 1 hour.
Cut each wrap in half to serve.

- **Serves four**
- **One serving = 1/4 protein, 1 vegetable, 1 starch, 1 dairy, 2 fats**

Twelve O'clock Noon Entrée

1	**regular pita**
1	**leaf of lettuce**
4 oz	**water packed tuna, drained**
2 oz	**1% cottage cheese**
1/4 cup	**alfalfa sprouts**
	black pepper

Spray a pan with cooking spray.

Heat both sides of the pita until slightly browned.

Place on a piece of foil.

Place lettuce leaf on top of pita.

Scoop tuna and cottage cheese in the middle of the pita on a diagonal line.

Top with remaining ingredients.

Fold bottom up and roll pita from one side.

Finish by wrapping with foil.

When lunch time arrives, peel off foil and enjoy.

- **Serves one**
- **One serving = 1 protein, 2 starches, 1/2 dairy, 1/2 vegetable**

Side Dishes

contents

Asparagus with Orange Dressing 59
Baked Carrots 60
Baked Okra 61
Cajun Potatoes 62
Colcannon 63
Green Beans with Garlic and Lemon 64
Grilled Asparagus with Lemon Sauce 65
Marinated Mushrooms 66
Marinated Tri-Coloured Sweet Peppers 67
Marinated Zucchini and Mushrooms 68
Microwave Potato and Tomato Casserole 69
Rosemary Hash-Brown Potatoes 70
Snap Peas with Papaya Salsa 71
Turnips and Carrots 72
Twice Baked Potatoes 73
Vegetable Stuffed Tomatoes 74

Asparagus with Orange Dressing

2 cups	**asparagus**
2 tbsp.	**plain non-fat yogurt**
2 tbsp.	**mayonnaise**
1/2 tsp.	**finely shredded orange peel**
	ground red pepper
2	**small oranges, sectioned and halved**

Snap off and discard woody bases from fresh asparagus.

Cook fresh asparagus in a medium saucepan in a small amount of boiling water for 4 to 6 minutes or until crisp-tender.

Drain and keep warm.

Combine the yogurt, mayonnaise, orange peel and ground red pepper in a small bowl.

Spoon over hot asparagus.

Garnish with orange slices.

- **Serves four**
- **One serving = 1/2 vegetable, 1/2 fruit, 1-1/2 fat**

Baked Carrots

2 cups	**carrots, peeled and sliced**
1 tsp.	**cinnamon**
4 tsp.	**legal margarine**
	fresh parsley, minced

Preheat oven to 350°.
Place carrots on aluminum foil.
Sprinkle carrots with cinnamon and dot them with margarine.
Wrap carrots in foil and bake for 1 hour.
Garnish lightly with parsley.

- **Serves four**
- **One serving = 1 vegetable, 1 fat**

Baked Okra

3 cups	**fresh okra, sliced**
1-1/2 cups	**tomato, chopped**
1 cup	**onion, chopped**
1-1/2 cups	**green pepper, chopped**
1/4 tsp.	**black pepper**

Preheat oven to 400°.
Spray a baking dish with non-stick cooking spray.
Spread okra in the bottom of the dish.
Layer tomato, onion and green pepper over okra.
Sprinkle with pepper.
Cover and bake for 1 hour or until okra is tender.
Stir occasionally.

- **Serves four**
- **One serving = 2 vegetables**

Put on your dancing shoes and disco Saturday night away – two hours of dancing will burn an amazing 780 calories.

Cajun Potatoes

4	small potatoes, unpeeled
6 tsp.	olive oil
1 tsp.	paprika
1/2 tsp.	black pepper
1/2 tsp.	cayenne pepper
1/2 tsp.	oregano
1/8 tsp.	thyme
4	garlic cloves, slivered

Preheat oven to 400°.
Cut each potato lengthwise into wedges.
Place in a bowl and toss with olive oil.
Combine all spices and sprinkle over potatoes.
Toss to coat completely.
Place in a baking dish coated with non-stick cooking spray.
Tuck garlic slivers in among the potatoes.
Bake for 35 to 40 minutes.

- **Serves four**
- **One serving = 1 starch, 1-1/2 fat**

Store spices and dried herbs in a cool, dry place, not above the stove or right next to the burner where heat and steam will cause them to lose flavour dramatically.

Colcannon

6	**medium potatoes, peeled**
1 cup	**frozen kale, chopped**
2 tbsp.	**green onion, finely chopped**
2 tsp.	**legal margarine**
	black pepper
1/4 tsp.	**mace**
	skim milk, heated

Cook potatoes in a small amount of boiling water until tender, then drain.

Meanwhile, cook kale as directed on package.

Turn into colander and drain thoroughly, pressing with spoon to extract all liquid.

Mash potatoes until fluffy.

Add green onion, margarine, pepper, mace and enough milk to make mixture light and fluffy.

Stir in kale.

Serve warm.

Variation: Substitute 1 cup of hot, finely chopped cooked cabbage (well-drained) for kale if preferred.

- **Serves four**
- **One serving = 1-1/2 starches, 1/4 vegetable, 1/2 fat**

Green Beans with Garlic and Lemon

3 cups	**green beans**
1/4 cup	**olive oil**
1/2	**garlic clove, finely chopped**
2 tbsp.	**lemon juice**

Top and tail the beans.
Place beans in a steamer over 1 inch of water.
Steam for 10 to 15 minutes, or until slightly tender.
Remove and add olive oil and garlic to the beans.
Heat until hot.
Add the lemon juice and mix thoroughly, then reheat.
Serve hot or cold.

- **Serves six**
- **Ones serving = 1/2 vegetable, 2 fats**

Grilled Asparagus with Lemon Sauce

2 tbsp.	**olive oil**
2 cups	**asparagus, ends broken off**
	black pepper

Lemon Sauce:

1/4 cup	**fat-free mayonnaise**
1 tsp.	**grated lemon rind**
2 tbsp.	**lemon juice**
	black pepper

Preheat grill to high.

Brush olive oil on asparagus.

Place across grill and cook for 2 to 3 minutes per side or until tender-crisp.

Season with pepper.

Combine lemon sauce ingredients.

Season with pepper.

Pour lemon sauce over grilled asparagus just before serving.

- **Serves four**
- **One serving = 1/2 vegetable, 1-1/2 fats, 1/2 free exchange**

Marinated Mushrooms

1 cup	**small mushrooms**
1 tbsp.	**lemon juice or vinegar**
1 tsp.	**olive oil**
1 tsp.	**tarragon leaves**
1 tsp.	**black pepper**
1/4 tsp.	**ground thyme**

Combine all ingredients in a small saucepan.
Bring to a boil.
Reduce heat and let simmer for 5 minutes.
Let cool, then cover and refrigerate for at least 8 hours.

- **Serves one**
- **One serving = 1 vegetable, 1 fat**

Store mushrooms in a paper bag in the refrigerator. The bag will absorb some of the moisture and keep the mushrooms from spoiling.

Marinated Tri-Coloured Sweet Peppers

1	**large sweet red pepper, cut into 1/2" wide strips**
1	**large yellow pepper, cut into 1/2" wide strips**
1	**large green pepper, cut into 1/2" wide strips**
1/4 cup	**seasoned rice vinegar**
2 tbsp.	**fresh basil**

Spray a large skillet with non-stick cooking spray.

Add the red, yellow and green pepper.

Cover and cook over medium heat about 5 minutes or until slightly tender.

Transfer the peppers to a bowl.

Add in the vinegar and basil then toss until coated.

Cover and chill in the refrigerator for at least 1 hour before serving.

- **Serves four**
- **One serving = 1 vegetable**

Don't starve yourself in an anticipation of a restaurant visit. It's much easier to stay in control if you've been eating sensibly throughout the day.

Marinated Zucchini and Mushrooms

3 cups	mushrooms, whole
2 cups	zucchini, sliced into 1/2" thick pieces
1 cup	red pepper, chopped
1/4 cup	lemon juice
2 tbsp.	olive oil
1 package	artificial sweetener
1/4 tsp.	dried tarragon or oregano
1/4 tsp.	black pepper
1	garlic clove

Place mushrooms, zucchini and red pepper in a plastic bag.

For marinade, stir remaining ingredients together in a small mixing bowl.

Pour marinade over vegetables and seal bag.

Marinate the vegetables in the refrigerator for 8 hours or over night, turning bag occasionally.

To serve, pour vegetables and marinade into serving dish.

Serve with toothpicks.

- **Serves six**
- **One serving = 1 vegetable, 1 fat**

Microwave Potato and Tomato Casserole

4	**small potatoes, unpeeled, washed and cubed**
2 cups	**tomatoes, chopped**
1 cup	**onion, finely chopped**
2 tsp.	**olive oil**
1 tsp.	**dried basil**
1/2 tsp.	**dried oregano**

Stir all ingredients together in a microwave safe bowl.

Cover with plastic wrap, leaving a slight opening to allow steam to escape.

Microwave on high for 5 minutes.

Stir, then microwave on high for another 5 to 7 minutes.

Check to see if potatoes are tender.

Microwave for a few more minutes if necessary.

- **Serves four**
- **One serving = 1 vegetable, 1 starch, 1/2 fat**

Rosemary Hash-Brown Potatoes

2	**small potatoes, finely cubed**
2 tsp.	**olive oil**
1/2	**onion, chopped**
1 tsp.	**dried rosemary, crushed**
	black pepper
	Flavo-Magic™

Bring a small pot of water to a boil.

Add the potatoes and bring the water back to a boil.

Reduce the heat to medium and cook for 5 to 8 minutes more, or until potatoes begin to get tender.

Drain and set aside.

While the potatoes are cooking, warm the olive oil in a large non-stick skillet over medium heat.

Add onion and cook for 5 minutes.

Gently stir in the potatoes and rosemary.

Season with pepper and Flavo Magic™ to taste.

Cook, stirring gently for 15 minutes or until the potatoes are browned and soft.

- **Serves two**
- **One serving = 1/2 vegetable, 1 starch, 1 fat**

Snap Peas with Papaya Salsa

1 cup	papaya, peeled, seeded and diced
1/2 cup	fresh cilantro, chopped
1 tbsp.	onion, minced
2 tsp.	fresh lime juice
2 tsp.	rice wine vinegar
1/8 tsp.	black pepper
2 cups	fresh green snap peas, trimmed

Combine all ingredients, except peas, in a bowl.

Toss gently and set aside.

Cook peas in a steamer for 3 minutes or until peas are tender-crisp, then drain well.

Transfer peas to a serving dish and top with papaya mixture.

- **Serves four**
- **One serving = 1 vegetable, 1/2 fruit**

Turnips and Carrots

3 cups	**yellow turnips, peeled and chopped**
3 cups	**carrots, chopped**
2 tbsp.	**legal margarine**
1/4 tsp.	**black pepper**

Cut turnip into the same size pieces as carrots.
Cook both in water until tender.
Mash well.
Add margarine and pepper.
Mash again or beat.

- **Serves six**
- **One serving = 2 vegetables, 1 fat**

Twice Baked Potatoes

2	**small potatoes, baked**
4 tbsp.	**fat-free ranch dressing**
	garlic powder
	black pepper
4 slices	**non-fat processed cheese**
1 tbsp.	**green onion, diced (optional)**

Cut baked potatoes in half lengthwise.
Scoop potato into bowl leaving skins whole.
Mix together with ranch dressing and seasonings.
Stuff mixture back into skins.
Top with cheese and sprinkle with onion.
Bake for 20 minutes.

- **Serves two**
- **One serving = 1 starch, 1 dairy, 1 free exchange**

Vegetable Stuffed Tomatoes

6	firm medium tomatoes
1-1/2 cups	cooked rice
1 cup	water
1/2 cup	celery, chopped
1/4 cup	green onion, chopped
1/2 cup	zucchini, finely chopped
1/2 cup	green pepper, finely chopped
6 tbsp.	fat-free mayonnaise
1 tsp.	dried basil leaves
1/2 tsp.	black pepper

Preheat oven to 350°.

Cut a slice from top of tomatoes and scoop out seeds and pulp.

Invert and drain on paper towels for 15 minutes.

Mix cooked rice with remaining ingredients and spoon into tomatoes.

Bake for 10 minutes or microwave, covered with wax paper, on medium power for 6 to 8 minutes.

- **Serves six**
- **One serving = 1 vegetable, 1 starch, 1/2 free exchange**

Main Dishes

contents

Asian Salmon 77
Barbecued Chicken 78
Broiled Fish with Seasoned Vegetables 79
Broiled Tomato Fish Fillets 80
Cabbage Roll Casserole 81
California Stir-Fry 82
Cheese Stuffed Meatballs 83
Chicken Broccoli Supreme 84
Chicken of Choice 85
Chicken Gyros 86
Chicken Jambalaya 87
Chicken à la Marengo 88
Chicken Marsala 89
Chicken Salsa Melt 90
Chicken Stir-Fry 91
Chicken and Yogurt Delight 92
Crunchy Chicken Nuggets 93
Egg and Veggie Stuffed Peppers 94
Eggplant Mozzarella 95
Flab-U-Less Fajitas 96
Foiled Dinner 97
Greek Burgers 98
Grilled Chicken Tandoori-Style 99
Grilled Red Snapper with Peach Salsa 100
Grilled Tofu and Veggie Kabobs 101
Halibut with Apples and Ginger 102
Halibut Steak in a Garlic Cream Sauce 103
Hawaiian Halibut 104
Herbed Lamb Chops 105

Hot Chinese Noodles 106
Hurry Curry Chicken 107
India Chicken with Hot Cucumber Sauce 108
Italian Red Snapper 109
Legal Lasagna 110
Lemon-Basil Marinated Beef Kabobs 111
Lemon-Lime Pepper Chicken 112
Lemon Tarragon Cod with Baby Carrots 113
Lemon Yogurt Marinated Chicken Kabobs 114
Lime Chicken with Roasted Corn Relish 115
Linguine Primavera 116
Liver Shish Kabobs 117
Omelet for Dinner 118
Pasta Toss Primavera 119
Pepper Chicken Casserole 120
Pepper Steak 121
Pork 'N' Apple Stir-Fry 122
Raspberry Balsamic Glazed Chicken 123
Roasted Vegetable Kabobs 124
Roasted Vegetables with Tri-Coloured Pasta 125
Salmon Fillets with Fresh Tomatoes 126
Shrimp and Rice 127
Spaghetti Dinner 128
Spinach Sauce and Spaghetti 129
Stuffed Fillet of Sole 130
Stuffed Green Peppers 131
Sunshine Halibut 132
Tofu and Mozzarella Baked Dish 133
Tuna Casserole 134
Tuna Stuffed Peppers 135
Veal with Tomato Sauce 136
Vegetable Frittata 137
Vegetable Roast with Rice 138
Veggie Sole 139
White Fish Florentine 140

Asian Salmon

6 oz	**plain non-fat yogurt**
1 tbsp.	**curry powder**
4 - 5 oz	**salmon fillets**
1/2 cup	**homemade bread crumbs (see recipe)**
2 tbsp.	**water**

Preheat oven to 350°.
Blend yogurt and curry powder in a small mixing bowl.
Spread over the salmon.
Sprinkle with bread crumbs and pour water along sides.
Bake for 15 minutes.

- **Serves four**
- **One serving = 1 protein, 1/2 starch, 1/4 dairy**

Barbecued Chicken

6 oz	plain non-fat yogurt
3	garlic cloves, minced
1 tbsp.	ginger, finely minced
2 tbsp.	lemon juice
1 tbsp.	ground cumin
2 tsp.	paprika
1/2 tsp.	cayenne pepper
1/2 tsp.	Flavo-Magic™
4 - 5 oz	boneless, skinless chicken breasts
2 tbsp.	coriander, finely chopped

Whisk yogurt, garlic, ginger, lemon juice, cumin, paprika, cayenne and Flavo-Magic™ together in a shallow, wide dish.

Cut 1/2" shallow slits in chicken.

Add the chicken to the yogurt mixture, turning until coated.

Let stand at room temperature for 30 minutes, or cover and refrigerate for up to 8 hours.

Preheat barbecue to medium and grease grill.

Barbecue chicken breasts about 4 to 5 minutes per side or until completely cooked through.

Sprinkle with coriander.

- **Serves four**
- **One serving = 1 protein, 1/4 dairy**

Don't refreeze thawed or partially thawed raw chicken!

Broiled Fish with Seasoned Vegetables

4 tsp.	**olive oil**
1 cup	**red onion, finely chopped**
4	**garlic cloves, finely chopped**
1-1/4 cups	**zucchini, finely chopped**
3/4 cup	**red peppers, finely chopped**
1 tbsp.	**fresh basil, finely chopped**
1 tbsp.	**fresh parsley, finely chopped**
1/2 tsp.	**black pepper**
4 - 5 oz	**fish fillets**
	lemon juice

Coat a large skillet with non-stick cooking spray.
Add olive oil and warm over medium heat.
Add onion and garlic and cook for 2 minutes.
Stir in zucchini and cook for 5 minutes.
Add red peppers, basil and parsley.
Reduce heat to medium-low.
Cook for 5 minutes, stirring frequently, or until zucchini is soft and mixture is blended well.
Season with black pepper.
Preheat the broiler.
Coat a broiler pan with non-stick cooking spray.
Place fish on the pan and sprinkle with the lemon juice.
Broil 4 inches from the heat for 10 minutes until fish flakes easily when tested with a fork.
Serve with vegetable mixture spooned over top.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 fat**

Broiled Tomato Fish Fillets

4 - 5 oz	fish fillets (haddock, cod, halibut)
8 tsp.	legal margarine
2 tbsp.	lemon juice, squeezed from whole lemon
1	garlic clove, minced
2 tsp.	dried oregano
2 tsp.	dried basil
	Flavo-Magic™
2 cups	tomatoes, diced
4 oz	mozzarella cheese, grated

Pat fish dry with paper towel.

Lightly grease a baking dish with 2 tsp. of margarine.

Arrange fillets in a single layer.

Sprinkle fillets with lemon juice and let stand for 5 minutes.

Sauté garlic in remaining margarine over medium heat for 2 minutes.

Stir in seasonings.

Drizzle seasoning mixture over fish.

Top with tomatoes.

Sprinkle mozzarella cheese on top.

Broil about 5 inches from heat for 5 to 10 minutes or until fish flakes easily when tested with a fork.

Cooking time will vary with kind and thickness of fish.

Serve with lemon wedges.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable, 1 dairy, 2 fats**

Cabbage Roll Casserole

16 oz	**lean ground beef**
1/2 cup	**onion, chopped**
	black pepper
	Flavo-Magic™
1	**garlic clove, minced**
1 cup	**Healthy Choice pasta sauce**
3/4 cup	**water**
1/2 cup	**rice**
3 cups	**cabbage, coarsely chopped**

Preheat oven to 325°.
Brown ground beef in a large skillet over medium-high heat.
Drain off any fat.
Add onion and seasonings.
Cook until onion is transparent.
Stir in pasta sauce, water and rice.
Put cabbage in a casserole dish.
Pour meat mixture over cabbage.
Cover and bake for 1-1/2 hours.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1/2 starch, 1/2 free exchange**

Thanks, Carol L.

Put down your fork between bites!

California Stir-Fry

8 tbsp.	fat-free Catalina dressing
10 oz	boneless, skinless chicken breast halves, cut into strips
1 tsp.	fresh ginger, chopped
1	garlic clove, minced
1 cup	red or yellow pepper, chopped
1/2 cup	snow peas
1/2 cup	carrot, chopped
1/2 cup	green onion, chopped
1 cup	bean sprouts
1 cup	cooked rice

Heat a non-stick frying pan over medium heat.

Add 2 tbsp. dressing and chicken to pan.

Stir-fry until chicken is cooked through.

Remove from pan.

Add remaining dressing, ginger, garlic, pepper, snow peas and carrot.

Stir-fry until carrot is tender.

Add chicken, green onion and bean sprouts to pan.

Heat thoroughly.

Serve over warm rice.

- **Serves four**
- **One serving = 1/2 protein, 1-1/2 vegetables, 1 starch, 1 free exchange**

Cheese Stuffed Meatballs

4 tsp.	**olive oil**
2 tbsp.	**onion, diced**
8 oz	**ground beef or turkey**
1/4 tsp.	**dried sage**
4 oz	**Swiss cheese, cut into 8 cubes**

Preheat oven to 325°.

Spray a baking pan with non-stick cooking spray, then set aside.

Heat olive oil in a frying pan over moderate heat until hot, but not smoking.

Add onion and sauté until golden brown (about 10 minutes).

Combine onion, beef/turkey and sage.

Divide the mixture into eight portions.

Take a chunk of Swiss cheese and cover it with one portion of the mixture forming a meatball shape.

Repeat to form a total of 8 meatballs.

Place the meatballs in the baking pan and bake for 30 minutes.

- **Serves four**
- **One serving = 1/2 protein, 1 dairy, 1 fat**

Chicken Broccoli Supreme

5 oz	chicken breast
1/2 cup	broccoli, chopped
1-1/2	slices melba toast, crushed
1/8 tsp.	dill weed
1/8 tsp.	onion powder
	black pepper
	Flavo-Magic™
	paprika
1 tsp.	lemon juice
2	lemon wedges

Preheat oven to 350°.
Pound chicken breast with mallet until flat.
Place on a 12" square piece of foil.
Combine broccoli, crushed melba toast, seasonings and lemon juice.
Spoon mixture onto centre of chicken fillet and roll up.
Secure with a toothpick.
Wrap foil over chicken, folding edges to seal tightly.
Bake for 30 to 40 minutes or until tender.
Garnish with lemon slices.

- **Serves one**
- **One serving = 1 protein, 1/2 vegetable, 1/2 starch**

Chicken of Choice

4 - 5 oz	skinless, boneless chicken breasts
1 cup	onion, chopped
1 garlic	clove, minced
2 cups	Healthy Choice pasta sauce
1 cup	mushrooms, thinly sliced
1/2 cup	red pepper, thinly sliced
1/2 cup	green pepper, thinly sliced
4 oz	mozzarella cheese, grated
	oregano
	Flavo-Magic™
	black pepper

Preheat oven to 350°.
Boil chicken breasts.
Spray a casserole dish with non-stick cooking spray.
Place cooked chicken breasts in the casserole dish.
Cover chicken with 1/2 of the onion, garlic and all of the pasta sauce.
Place sliced mushrooms and peppers over top of the sauce.
Sprinkle the rest of the onion and garlic on top.
Sprinkle on cheese and seasonings.
Bake for 20 to 25 minutes or until cheese has melted.
Let stand for 5 minutes before serving.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 dairy, 1 free exchange**

Thanks, Debbie C.

Chicken Gyros

1/2 cup	fat-free mayonnaise
1/4 tsp.	garlic powder
2	regular pitas
5 oz	cooked chicken breast, cut into strips
1 cup	lettuce, shredded
1/2 cup	tomato, chopped
1/2 cup	cucumber, peeled and chopped
1/4 cup	water, divided

Combine mayonnaise and garlic powder.

Separate each pita into 2 round circles.

Spread mayonnaise mixture evenly on pita round.

Arrange chicken strips evenly down centres of pita round.

Top evenly with lettuce, tomato and cucumber.

Fold over left and right sides of pita rounds.

Fold short sides over to form a rectangle.

Coat a skillet with non-stick cooking spray.

Place over medium-high heat until hot.

Sprinkle 1 tsp. water in skillet.

Place 1 pita, seam side down into skillet; press firmly.

Cook 2 to 3 minutes or until lightly browned.

Turn pita, press firmly and cook 2 more minutes or until lightly browned.

Repeat with remaining 3 pitas.

- **Serves four**
- **One serving = 1/4 protein, 1/2 vegetable, 1 starch, 1 free exchange**

Chicken Jambalaya

1/4 cup	celery, chopped
1/2 cup	onion, chopped
3/4 cup	green pepper, chopped
4 tsp.	legal margarine
2 cups	fresh tomatoes, coarsely chopped
1-1/2 cups	water
1 cup	cooked rice
1 tsp.	dried basil or thyme
1/2 tsp.	garlic powder
1/4 tsp.	black pepper
1/4 to 1/2 tsp.	Tabasco sauce
1	bay leaf
20 oz	cooked chicken, cubed

Cook celery, onion and green pepper in a skillet with margarine until vegetables are tender.

Stir in tomatoes, water, rice, basil/thyme, garlic powder, pepper, Tabasco sauce and bay leaf.

Bring to a boil, reduce heat and simmer covered for 20 minutes or until rice is tender.

Stir in the chicken and cook until heated through.

Discard bay leaf.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1 fat**

Chicken à la Marengo

4 - 5 oz	**skinless, boneless chicken breast halves**
2 cups	**mushrooms, sliced**
1 cup	**onion, chopped**
2	**garlic cloves, minced**
1 tbsp.	**fresh parsley, chopped**
1/2 tsp.	**dried thyme**
1/4 tsp.	**dried rosemary**
2 cups	**plum tomatoes with juice**
1/4 cup	**dry white wine**
1	**bay leaf**

Lightly spray an unheated large skillet with non-stick cooking spray.

Add chicken and brown lightly on all sides over medium-high heat.

Remove chicken.

Add mushrooms, onion and garlic to the skillet.

Cook and stir over medium heat until onion is tender

Return chicken to the skillet.

Sprinkle with parsley, thyme and rosemary.

Add tomatoes, white wine and bay leaf.

Bring to a boil, then reduce heat.

Partially cover and gently simmer about 25 minutes until chicken is tender.

Remove bay leaf before serving.

- **Serves four**
- **One serving = 1 protein, 1-1/2 vegetables**

Chicken Marsala

4 - 5 oz	skinless, boneless chicken breasts
2 cups	mushrooms, diced
1 cup	green onion, diced
4 tbsp.	water
1/2 tsp.	Flavo-Magic™
	black pepper
1/2 cup	dry white wine or Marsala

Place each chicken breast between 2 pieces of clear plastic wrap.

Working from the centre to the edges, pound lightly with a meat mallet to about 1/4" thickness.

Remove plastic wrap.

Spray a large skillet with non-stick cooking spray and preheat.

Cook chicken over medium heat until tender and no pink remains.

Transfer to a platter and keep warm.

Add mushrooms, green onion, water and seasonings to skillet.

Cook over medium heat until mushrooms are tender and most of the liquid has evaporated (approx. 3 minutes).

Add white wine or Marsala to skillet and heat through.

Spoon vegetables and sauce over chicken.

- **Serves four**
- **One serving = 1 protein, 1 vegetable**

Chicken Salsa Melt

10 oz	cooked chicken, diced
1 cup	mushrooms, sliced
1/2 cup	P.C. salsa picante
1/4 cup	fat-free Thousand Island dressing
1/4 cup	green onion, sliced
1/2	red pepper, finely chopped
2	English muffins, split
4 slices	1% processed cheese

Preheat oven to 350°.

Combine chicken, mushrooms, salsa, dressing, onion, red pepper and mix lightly.

Top English muffin halves with chicken mixture.

Place on a baking sheet.

Bake 10 minutes.

Top with cheese slices.

Continue baking until cheese melts.

Hint: For quick and easy cooked chicken, microwave a boneless, skinless breast on high for 3 minutes. Cover loosely with waxed paper to avoid spattering.

- **Serves four**
- **One serving = 1/2 protein, 1/2 vegetable, 1 starch, 1/2 dairy, 1 free exchange**

Chicken Stir-Fry

1 cup	**water**
1 can	**Healthy Request chicken broth**
1/2 tsp.	**Flavo-Magic™**
10 oz	**chicken breast, cubed**
1/4 cup	**onion, sliced**
1/2 cup	**red pepper, diced**
1	**small potato diced**
1/2 cup	**carrot, diced**

Mix water and chicken broth in a non-stick frying pan.

Add chicken and vegetables.

Bring to a boil over medium heat.

Reduce heat and simmer until chicken is cooked and vegetables are tender (approx. 15 minutes).

- **Serves two**
- **One serving = 1 protein, 1 vegetable, 1/2 starch, 1 free exchange**

Thanks, Evelyn V.

Try Flavo-Magic™! It's a delicious food seasoning alternative for salt-free or salt-reduced diets.

Chicken and Yogurt Delight

2 - 5 oz **skinless and boneless chicken breasts**
6 oz **plain non-fat yogurt**

Preheat oven to 375°.
Spray a baking dish with non-stick cooking spray.
Lay chicken breasts in a pan.
Spread yogurt over chicken.
Cover with foil.
Bake for 35 to 45 minutes or until chicken is fully cooked.

- **Serves two**
- **One serving = 1 protein, 1/2 dairy**

Thanks, Morag C.

Once chicken is thawed, keep it in your refrigerator and cook it within two days.

Crunchy Chicken Nuggets

2 cups	**homemade bread crumbs (see recipe)**
1 tsp.	**paprika**
1 tsp.	**black pepper**
20 oz	**boneless, skinless chicken breast**
4 tsp.	**olive oil**

Combine bread crumbs, paprika and pepper in a large plastic bag.

Cut chicken into bite size pieces.

Add 3 to 4 pieces to the bag (do not crowd bag).

Seal bag and shake to coat chicken.

Place coated chicken pieces on a large plate.

Repeat using remaining chicken pieces.

Heat olive oil in a large skillet.

Add chicken pieces.

Cook 10 to 12 minutes until golden brown and cooked through, turning as needed.

- **Serves four**
- **One serving = 1 protein, 1 starch, 1 fat**

Thanks, Michèle B.

Egg and Veggie Stuffed Peppers

4	**medium sweet peppers**
1 cup	**frozen mixed vegetables**
4	**eggs**
1/2 cup	**skim milk**
1/2 tsp.	**onion powder**
1/2 tsp.	**Flavo-Magic™**
1-1/2 oz	**mozzarella cheese, grated**

Preheat oven to 325°.

Cut tops from peppers and clean out the insides.

Stand each pepper in a custard cup or large muffin pan.

Spoon 1/4 cup frozen vegetables into each pepper.

Beat eggs, milk and seasonings in a large bowl.

Pour about 1/3 cup over vegetables in each pepper.

Bake for about an hour (a knife inserted into the centre will come out clean when done).

Sprinkle cheese evenly over peppers.

Let stand 5 minutes before serving.

- **Serves four**
- **One serving = 1/2 protein, 1-1/2 vegetables, 1/2 dairy**

Eggplant Mozzarella

1	**small eggplant**
1	**egg, beaten**
1/2 cup	**homemade bread crumbs (see recipe)**
1/2 tsp.	**basil**
1/2 tsp.	**oregano**
1/2 tsp.	**thyme**
2 tbsp.	**olive oil**
1 cup	**Healthy Choice pasta sauce**
4 oz	**mozzarella cheese, shredded**

Peel eggplant and cut crosswise into 1/2" slices.

Add seasoning to breadcrumbs.

Dip eggplant into egg and then into breadcrumbs, turning to coat both sides.

Coat a baking dish with non-stick cooking spray.

Place eggplant slices in a single layer on baking dish.

Bake for 20 to 25 minutes.

Remove from oven and top with Healthy Choice pasta sauce and cheese.

Return to oven and bake 10 more minutes or until cheese melts.

- **Serves four**
- **One serving = 1/4 protein, 1/2 vegetable, 1/2 starch, 1 dairy, 1-1/2 fats, 1/2 free exchange**

Thanks, Dawn W.

Flab-U-Less Fajitas

4 - 5 oz	boneless, skinless chicken breasts, cut into 1/2" wide strips
1 tbsp.	Flavo-Magic™
1 cup	red pepper, cut into 1/2" strips
1 cup	green pepper, cut into 1/2" strips
1 cup	zucchini, chopped
1 cup	onion, chopped
1/4 cup	water
1 tbsp.	lime juice
1 tbsp.	fresh coriander, chopped
8	6" whole wheat tortillas
1/2 cup	P.C. salsa picante
1 cup	lettuce, shredded

Preheat oven to 350°.
Spray a large skillet or wok with non-stick cooking spray.
Place over medium-high heat.
Add chicken and cook, stirring often, until lightly browned.
Sprinkle with Flavo-Magic™.
Stir until chicken is evenly coated with seasoning.
Remove from skillet and keep warm.
Add peppers, zucchini, onion and water to the same skillet.
Cook and stir until vegetables are crisp, about 8 to 10 minutes.
Stir in lime juice and coriander.
Transfer vegetables to plate.
Wrap tortillas in foil ten minutes before serving time .
Place tortillas in oven to warm.
To serve, top each tortilla with 1/8 of chicken, 1/8 of vegetables, 1 tbsp. salsa and 1/8 of lettuce.
Roll up tortillas to enclose filling.

- **Serves four**
- **One serving = 1 protein, 1-1/2 vegetables, 2 starches, 1/2 free exchange**

Foiled Dinner

4	**small potatoes, thinly sliced**
1 cup	**carrots, thinly sliced**
1 cup	**onion, thinly sliced into rings**
	Flavo-Magic™
1/4 tsp.	**dried dill weed**
4 - 5 oz	**fish fillets**

Preheat oven to 450°.

Cut 4 (18") squares of aluminum foil.

Spray one side with non-stick cooking spray.

Arrange potato slices, onion and carrots on foil in layers.

Sprinkle with Flavo-Magic™ and dill weed.

Cover vegetables with fish fillets.

Fold foil over fish and vegetables, sealing edges.

Place foil packets on a baking sheet.

Bake for 30 to 35 minutes or until fish flakes easily when tested with a fork.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch**

Greek Burgers

Ground Beef Mixture:

16 oz	lean ground beef, cooked and crumbled
2 tbsp.	red wine vinegar
2 tbsp.	ground cumin
1 tbsp.	chopped fresh oregano or 1 tsp. dried oregano
	ground red and black pepper
2	regular pitas, halved
	lettuce or spinach leaves

Yogurt Mixture:

12 oz	plain non-fat yogurt
1 cup	red onion, chopped
2 cups	cucumber, chopped
1-1/2 tbsp.	dried mint leaves
1 tbsp.	fresh marjoram or 1 tsp. dried

Combine ground beef, vinegar, cumin, oregano and pepper in a medium bowl.

Prepare yogurt mixture by mixing all ingredients in a small bowl.

Serve ground beef mixture in pita halves with lettuce or spinach and yogurt mixture.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch, 1/2 dairy**

Grilled Chicken Tandoori-Style

6 oz	plain non-fat yogurt
3	garlic cloves, minced
1 tbsp.	ginger, finely minced
2 tbsp.	lemon juice
1 tbsp.	cumin
2 tsp.	paprika
1/2 tsp.	cayenne pepper
1/2 tsp.	Flavo-Magic™
4 - 5 oz	boneless, skinless chicken breasts
2 tbsp.	fresh coriander, chopped
1 cup	cooked rice

Whisk together yogurt, garlic, ginger, lemon juice, cumin, paprika, cayenne and Flavo-Magic™ in a shallow, wide dish.

Cut 1/2 inch slits in chicken breasts.

Add chicken breasts to yogurt mixture, turning until coated.

Let stand at room temperature for 30 minutes, or cover and refrigerate for up to 8 hours.

Preheat barbecue to medium and grease grill.

Barbecue chicken breasts about 4 to 5 minutes per side or until chicken is completely cooked through.

Sprinkle with fresh coriander.

Serve each chicken breast with a 1/4 cup rice.

- **Serves four**
- **One serving = 1 protein, 1 starch, 1/4 dairy**

Grilled Red Snapper with Peach Salsa

4	small peaches, pitted and chopped
1/2 cup	red onion, chopped
1 cup	red pepper, chopped
1/4 tsp.	cinnamon
1/8 tsp.	ginger
1/8	ground red pepper
4 - 5 oz	skinless red snapper fillets
2 tbsp.	lemon juice
	black pepper

Combine peaches, onion, red pepper, cinnamon, ginger and ground red pepper in a bowl.

Preheat grill.

Coat the grill rack with non-stick cooking spray.

Sprinkle the fillets with lemon juice.

Season with the black pepper.

Grill 4 inches from the heat for 5 to 6 minutes or until fish flakes easily when tested with a fork.

Serve with salsa on top.

Variation: Try salmon, halibut, or sole in place of snapper. For the salsa, peaches can be replaced with apricots or other legal fruits.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable, 1 fruit**

Grilled Tofu and Veggie Kabobs

10 oz	**extra firm tofu, cut into 12 cubes**
1 cup	**red pepper, cut into 1" square pieces**
1 cup	**red onion, cut into 1" square pieces**
1 cup	**zucchini, cut into 1/2" thick slices**
1/2 cup	**P.C. fat-free mango dressing**
1/2 tsp.	**Tabasco sauce**
1 tsp.	**black pepper**

Combine tofu and vegetables in a medium bowl.

Add dressing and Tabasco sauce.

Toss to coat.

Season with pepper to taste.

Thread tofu and vegetable pieces onto 4 skewers.

Reserve leftover marinade.

Grill kabobs on a lightly greased grill over medium-high heat.

Turn and brush kabobs with marinade often.

Grill for 10 to 12 minutes or until vegetables are tender and lightly charred.

- **Serves four**
- **One serving = 1/2 protein, 1 vegetable, 1 free exchange**

Halibut with Apples and Ginger

1/2 cup	onion, chopped
1 tbsp.	fresh lime or lemon juice
1 tsp.	fresh ginger cut into julienne strips
1 tbsp.	plain non-fat yogurt
	black pepper
5 oz	halibut
	paprika
1	small apple, peeled, cored and cut into wedges
	fresh parsley

Preheat oven to 350°.

Mix onion, lime/lemon juice, ginger, yogurt and pepper in a small bowl.

Gently place halibut in marinade.

Set aside for 30 minutes.

Cut a sheet of foil and place halibut in centre.

Spoon marinade over halibut.

Sprinkle with paprika.

Arrange apple wedges on top of halibut.

Fold foil over fish allowing a little space for steam.

Bake for 10 to 15 minutes.

Garnish with parsley.

- **Serves one**
- **One serving = 1 protein, 1 vegetable, 1 fruit**

Halibut Steak in a Garlic Cream Sauce

1 - 5 oz	**halibut steak**
1/2 tsp.	**dill weed**
	fresh parsley, chopped

Garlic Cream Sauce:

2 tbsp.	**parsley, chopped**
2 tbsp.	**lemon juice**
2 tbsp.	**green onion, minced**
3	**garlic cloves, crushed**
1/4 tsp.	**thyme**
3 oz	**plain non-fat yogurt**
	black pepper

Prepare sauce by puréeing all ingredients in a blender.

Season the halibut with dill weed and broil for 4 to 6 minutes or until fish tests done.

Pour half of the sauce in the centre of the plate.

Place halibut steak in sauce.

Pour remaining sauce down centre of halibut.

Garnish with parsley.

- **Serves one**
- **One serving = 1 protein, 1/4 vegetable, 1/2 dairy**

Hawaiian Halibut

2 slices	**brown bread, cut into soft bread cubes**
1 cup	**fresh pineapple**
1 cup	**cooked rice**
2 tbsp.	**fresh lemon juice**
1/2 tsp.	**curry powder**
4 - 5 oz	**halibut steaks**
4 tsp.	**legal margarine, melted**

Preheat oven to 350°.

Grease a baking dish and set aside.

Stir bread crumbs, pineapple, rice, lemon juice and curry powder in a medium size bowl.

Place over 2 steaks.

Top with remaining 2 steaks.

Secure with toothpicks.

Brush top steak with margarine.

Bake 30 to 40 minutes or until fish flakes easily when tested with a fork.

- **Serves two**
- **One serving = 2 protein, 1 fruit, 1 starch, 2 fats**

Herbed Lamb Chops

3 slices	**melba toast, crushed**
1 tsp.	**dry mustard**
	thyme
	oregano
	garlic powder
2 - 4 oz	**lamb chops**
	lemon juice

Preheat broiler.

Mix melba toast and seasonings together in a plastic bag.

Dip pork chops in lemon juice and shake in bag.

Broil in a pan 3 to 4 inches from heat for about 7 minutes on each side.

- **Serves two**
- **One serving = 1 protein, 1/2 starch**

Hot Chinese Noodles

2 cups **spaghetti or linguini, cooked and cooled**

Garlic Ginger Mix:

12	**garlic cloves**
3 inches	**ginger root**
4 - 5	**tbsp. water**

Chop garlic and ginger.

Mash with water.

Stir garlic and ginger mix into spaghetti or linguini.

- **Serves four**
- **One serving = 1 starch**

Light may be used to describe various properties of a product. For example, the food may be light in colour, light tasting, or light in fat when compared to the regular format of the same product.

Hurry Curry Chicken

4 - 5 oz	**boneless, skinless chicken breasts, sliced**
1 cup	**celery, chopped**
4 tsp.	**olive oil**
2 cups	**water**
1 cup	**rice**
1/2 tsp.	**curry powder**
1/2 tsp.	**dried oregano**
1/4 cup	**raisins**

Brown chicken and celery in olive oil in a skillet.

Stir in water, rice, curry powder (may adjust to taste) and oregano.

Bring to a boil.

Cover and simmer over medium heat for 15 minutes, stirring occasionally.

Stir in raisins and remove from heat.

Cover and let stand 5 minutes before serving.

- **Serves four**
- **One serving = 1 protein, 1/4 vegetable, 1 starch, 1 fat, 1/2 free exchange**

Indian Chicken with Hot Cucumber Sauce

Chicken:

2 - 5 oz	**chicken breasts**
	cinnamon
	garlic powder
	curry powder

Yogurt Sauce:

6 oz	**plain non-fat yogurt**
1/4 cup	**cucumber, minced**
1/4 cup	**red pepper, diced**
1	**garlic clove, minced**
	red pepper flakes
	paprika
	cayenne powder

Preheat oven to 350°.

Place chicken on a 10" square of aluminum foil.

Lightly sprinkle with cinnamon, garlic powder and curry powder to taste.

Fold ends over several times.

Place on cookie sheet.

Bake for 30 minutes.

Blend yogurt sauce ingredients together (prepare sauce ahead to allow flavours to blend).

Microwave until warm before serving.

Spoon over chicken.

- **Serves two**
- **One serving = 1 protein, 1/4 vegetable, 1/2 dairy**

Italian Red Snapper

4 - 5 oz	red snapper fillets
1/4 cup	dry white wine
1/4 cup	lemon juice
1/2 tsp.	dried oregano
1/2 tsp.	dried basil
1/4 tsp.	black pepper
4	garlic cloves, minced
2 cups	plum tomatoes, diced

Preheat oven to 350°.

Place fish in a baking dish.

Combine white wine, seasonings and garlic, stirring well.

Pour wine mixture and tomatoes over fish.

Bake uncovered for 25 minutes or until fish flakes when tested with a fork.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable**

Legal Lasagna

8 oz	lean beef
2 cups	tomato, diced
1 cup	celery, chopped
1/2 cup	green onion, chopped
1 cup	green pepper, chopped
2	garlic cloves, minced
	black pepper
	cayenne pepper
3 cups	spinach leaves
8 oz	1% cottage cheese
10 oz	tofu (medium-firm)
2 oz	mozzarella, grated

Preheat oven to at 400°.
Brown beef.
Add tomato, celery, onion and green pepper.
Season sauce to taste with garlic, pepper and cayenne and let simmer.
Wash spinach.
Layer sauce, spinach, cottage cheese and tofu.
Top with cheese and bake for 1 hour.

Variation: Omit tofu and use an additional 8 oz of ground beef.

- **Serves four**
- **One serving = 1 protein, 2 vegetables, 1 dairy**

Lemon-Basil Marinated Beef Kabobs

16 oz	**boneless beef sirloin, cut into 1" cubes**
2 tsp.	**lemon peel, finely shredded**
1/3 cup	**lemon juice**
8 tsp.	**olive oil**
1-1/2 tsp.	**fresh basil or 1/2 tsp. dried basil**
1 tsp.	**black pepper**
1/4 tsp.	**garlic powder**
1-1/2 cups	**baby carrots**
1 cup	**zucchini, halved lengthwise and cut into 1/2" thick slices**
1 cup	**cooked rice**

Place beef cubes in a plastic bag in a shallow bowl.

For marinade, stir lemon peel, lemon juice, olive oil, basil, pepper and garlic powder together.

Pour half of the marinade over beef cubes in the bag.

Close bag and marinate in refrigerator for 2 to 4 hours, turning bag occasionally.

Cover remaining marinade and refrigerate.

Cook carrots in a small amount of boiling water in a medium saucepan for 3 minutes, then drain.

Drain meat and discard marinade.

Alternately thread beef, carrots and zucchini on 12 metal skewers.

Grill uncovered on rack directly over medium coals until meat is of desired doneness.

Turn skewers once and brush often with remaining marinade.

Serve with rice.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 starch, 2 fats**

Lemon-Lime Pepper Chicken

1/8 tsp.	**lime or lemon peel, finely chopped**
1/2 tbsp.	**lime or lemon juice**
2 tsp.	**olive oil**
1/4 tsp.	**dried thyme**
1/4 tsp.	**black pepper**
1/8 tsp.	**garlic powder**
2 - 5 oz	**skinless, boneless chicken breast halves**

Stir lemon/lime peel, lemon/lime juice, olive oil and spices together.
Spoon sauce over chicken.
Broil for 6 minutes.
Turn over and brush with sauce.
Broil for 6 to 9 more minutes.

- **Serves two**
- **One serving = 1 protein, 1 fat**

Thanks, Nathalie D.

Lemon Tarragon Cod with Baby Carrots

4 tsp.	**legal margarine**
4 - 5 oz	**cod fillets, about 1" thick each**
4 cups	**baby carrots**
8 tsp.	**fresh lemon juice**
2 tsp.	**olive oil**
4 tsp.	**fresh tarragon, chopped**
1 tsp.	**garlic cloves, minced**
	black pepper
	Flavo-Magic™

Preheat oven to 450°.

Cut 4 (12") squares of aluminum foil.

Coat foil squares with margarine and place a fillet in the centre of each.

Surround each fillet with 1 cup of baby carrots.

Drizzle 2 tsp. lemon juice and 1/2 tsp. olive oil over each fillet.

Sprinkle 1 tsp. tarragon, 1/4 tsp. garlic, pepper and Flavo-Magic™ over each fillet.

Fold foil over fish and carrots, sealing edges.

Place packets on a baking sheet and bake for 15 minutes.

Transfer packets to plates.

- **Serves four**
- **One serving = 1 protein, 2 vegetables, 1-1/2 fats**

Lemon Yogurt Marinated Chicken Kabobs

Kabobs:

10 oz	chicken breast, cut into 10 pieces
1/2 cup	green pepper, cut into 1" cubes
1	small onion, quartered
1 cup	mushroom caps
2	small tomatoes, quartered

Marinade:

1/3 cup	onion, grated
6 oz	plain non-fat yogurt
6 tbsp.	lemon juice
	black pepper
	paprika

Prepare marinade by mixing all ingredients together.

Pour into a dish and add chicken pieces.

Let stand at least 30 minutes or up to 24 hours in the fridge.

Prepare kabobs by alternately threading chicken pieces, onion, green pepper, tomato and mushroom caps on to skewers.

Broil 4 inches from heat for 8 to 10 minutes, turning once.

- **Serves two**
- **One serving = 1 protein, 1-1/2 vegetables, 1/2 dairy**

Lime Chicken with Roasted Corn Relish

4 - 5 oz	**boneless, skinless chicken breasts**
2/3 cup	**fresh lime juice, divided**
1/2 tsp.	**cumin**
1/2 tsp.	**ground red pepper, divided**
2 cups	**frozen corn with peppers and onions, thawed**
2 tbsp.	**fresh cilantro, chopped**

Place chicken in a plastic bag.
Reserve 1 tbsp. lime juice and pour remaining juice over chicken.
Seal bag and shake to coat chicken.
Marinate in refrigerator for 1 hour, turning bag occasionally.
Combine cumin and 1/4 tsp. red pepper.
Remove chicken from marinade.
Discard marinade.
Sprinkle chicken with cumin mixture.
Coat rack of a broiler with non-stick cooking spray.
Place chicken on rack and broil 8 inches from heat for 25 minutes.
Turn chicken and broil 15 more minutes or until done.
Set chicken aside, keeping warm.
Coat a large skillet with non-stick cooking spray.
Place over medium-high heat until hot.
Add corn mixture and remaining 1/4 tsp. of red pepper.
Sauté until corn is lightly browned and tender.
To serve, place chicken pieces on 4 serving plates.
Drizzle remaining lime juice over chicken.
Top with corn mixture.
Sprinkle with cilantro.

- **Serves four**
- **One serving = 1 protein, 1 vegetable**

Linguine Primavera

4 tsp.	olive oil
4 tsp.	legal margarine
2	garlic cloves, minced
1 cup	asparagus, diced
2 cups	broccoli florets
1 cup	carrots, thinly sliced
1 cup	tomato, diced
1 tsp.	dried basil
2 cups	cooked linguine
	black pepper

Heat olive oil and margarine in a skillet on medium-high heat.

Add garlic and sauté for 2 minutes.

Add vegetables and basil and cook for 5 minutes, stirring often.

Add linguine and cook for 5 more minutes or until hot, continuously stirring.

Sprinkle with pepper.

- **Serves four**
- **One serving = 1-1/2 vegetables, 1 starch, 2 fats**

Liver Shish Kabobs

8 oz	**beef liver, cut into 1" cubes**
1/4 cup	**onion, chopped into 1" cubes**
1 cup	**cherry tomatoes**
1/2 cup	**mushrooms**
1 cup	**green pepper, chopped into 1" cubes**
1/2 cup	**carrots, sliced into 1/2" thick pieces**

Marinate liver.

Alternate liver cubes and vegetables onto skewers.

Broil until thoroughly cooked.

- **Serves two**
- **One serving = 1 protein, 2 vegetables**

Omelet for Dinner

1/4 cup	onion, chopped
1	garlic clove, minced
3/4 cup	mushrooms, sliced
1/2 cup	zucchini, thinly sliced
1/4 cup	red pepper, diced
1/4 tsp.	dried basil
2-1/2 oz	cooked chicken, sliced
3	eggs
1 tbsp.	water
1/2 tsp.	black pepper
1/2 tsp.	Flavo-Magic™
2	low-fat processed cheese slices

Spray skillet with non-stick cooking spray.
Add onion and garlic.
Cook over medium heat for 2 minutes.
Add mushrooms, zucchini, red pepper and basil.
Cook for 5 minutes.
Stir in chicken.
Transfer veggies and chicken to a small bowl and set aside.
Re-coat skillet with non-stick cooking spray.
Whisk egg, water, pepper and Flavo-Magic™ together.
Add to skillet and cook over medium heat.
As eggs set, run spatula around edge of skillet, lifting eggs and letting uncooked portion flow underneath.
When eggs are set, spread veggies and chicken over one half of omelet and top with cheese slices.
Fold to cover veggies and continue cooking for 1 more minute.
Slide omelet onto plate, cut into 2 pieces and serve.

- **Serves two**
- **One serving = 1 protein, 1 vegetable, 1/2 dairy**

Pasta Toss Primavera

2 cups	**cooked rotini pasta**
1 cup	**broccoli, chopped**
1 cup	**red pepper, chopped**
1 cup	**carrots, chopped**
1/2 cup	**fat-free ranch dressing**
2	**green onions, chopped**
2 oz	**mozzarella cheese, grated**

Cook pasta according to package directions.
Add vegetables to pasta during last 5 minutes of cooking.
Drain.
Toss with ranch dressing and green onions.
Sprinkle with cheese.
Serve immediately.

- **Serves four**
- **One serving = 1 vegetable, 1 starch, 1/2 dairy, 1 free exchange**

Pepper Chicken Casserole

2 tbsp.	**sunflower oil**
4 - 5 oz	**chicken breasts, cubed**
1 cup	**red pepper, sliced**
1 cup	**green pepper, sliced**
2 cups	**mushrooms, sliced**
2 cups	**onion, chopped**
1/2 tsp.	**oregano**
1/2 tsp.	**cayenne**
8 oz	**hot skim milk**

Preheat oven to 350°.
Heat sunflower oil in skillet over medium heat.
Brown chicken.
Add peppers, mushrooms, onion and spices.
Cook over medium heat until chicken is done and onion is tender.
Transfer mixture to baking dish.
Pour hot milk over mixture.
Bake 30 minutes.

- **Serves four**
- **One serving = 1 protein, 2 vegetables, 1/4 dairy, 1-1/2 fats**

Pepper Steak

8 oz	**lean sirloin**
4 tsp.	**olive oil**
1/4 cup	**onion, chopped**
1	**garlic clove, finely chopped**
2 cups	**green or red pepper, seeded and sliced**
1/2 cup	**mushrooms, sliced**
	Tabasco sauce

Cut steak into 1/2" thick slices and trim off fat.

Pat the meat dry with paper towel.

Heat olive oil in a frying pan.

Add onion and sauté over moderate heat until golden brown (about 10 minutes).

Add garlic and peppers and sauté for an additional 3 minutes.

Add beef and cook until the meat browns, stirring constantly.

Stir in the mushrooms and sauté for an additional 2 minutes.

Season with Tabasco sauce and heat for another minute, stirring constantly.

- **Serves two**
- **One serving = 1 protein, 2 fats, 1-1/2 vegetables**

Pork 'N' Apple Stir-Fry

1 tsp.	**olive oil**
4 oz	**pork, cubed**
1/2 cup	**onion, chopped**
1/2 cup	**peas**
1	**small apple, sliced**
1 tbsp.	**water**
1 tsp.	**basil**
1 tsp.	**pepper**
1/4 cup	**cooked rice**

Heat olive oil in a large skillet on medium-high.
Brown pork.
Remove pork and set aside.
Place all ingredients except rice in the skillet.
Fry until tender and crisp.
Add cooked pork to skillet and mix thoroughly.
Serve over rice.

- **Serves one**
- **One serving = 1 protein, 2 vegetables, 1 fruit, 1 starch, 1 fat**

Thanks, Krysta.

Raspberry Balsamic Glazed Chicken

2 tsp.	**olive oil**
1/2 cup	**red onion, chopped**
1-1/2 tsp.	**fresh thyme, minced or 1/2 tsp. dried**
1/2 tsp.	**Flavo-Magic™, divided**
4 - 5 oz	**skinless, boneless chicken breast halves**
8 tbsp.	**seedless, sugar-free raspberry jam**
2 tbsp.	**balsamic vinegar**
1/4 tsp.	**pepper**

Spray a large skillet with non-stick cooking spray.

Add olive oil and heat on medium.

Add onion and sauté for 5 minutes.

Combine the thyme and a 1/4 tsp. of Flavo-Magic™.

Sprinkle over the chicken.

Add chicken to the skillet.

Sauté 6 minutes on each side or until done.

Remove chicken from the skillet, but keep warm.

Reduce heat to medium-low.

Add remaining Flavo-Magic™, raspberry jam, balsamic vinegar and pepper to the skillet.

Stir constantly until the jam melts.

Spoon raspberry sauce over the chicken.

- **Serves four**
- **One serving = 1 protein, 1/4 vegetable, 1/2 fat, 1 free exchange**

Roasted Vegetable Kabobs

2 tsp.	olive oil
1 cup	zucchini, thickly sliced
1 cup	cherry tomatoes
1/2 cup	onion, thickly chopped
1 cup	mushroom caps
8	wooden shish kabob skewers

Marinade:

1/2 cup	balsamic vinegar
4	garlic cloves, minced
1 tsp.	dried rosemary
1 tsp.	dried basil
1/2 tsp.	dried oregano
	black pepper
	Flavo-Magic™

Preheat oven to 450°.
Brush a baking sheet with olive oil.
Alternately place vegetables onto skewers.
Combine marinade ingredients in a small bowl.
Place the kabobs in the marinade and let sit for 20 minutes.
Roast the kabobs for 15 to 20 minutes or until the vegetables are tender but not mushy, turning occasionally.
Serve as hors d'oeuvres or with chicken and a baked potato.

- **Serves four**
- **One serving = 1 vegetable, 1/2 fat**

Roasting is a marvelous technique for preparing succulent vegetables, and kabobs are a fun way of combining flavours and textures. Experiment with vegetables such as broccoli or cauliflower florets, bell peppers...etc.

Roasted Vegetables with Tri-Coloured Pasta

2 cups	**whole mushrooms**
2 cups	**zucchini, cut into 1" cubes**
2 cups	**tomatoes, chopped**
1 cup	**yellow pepper, sliced**
1 cup	**red pepper, sliced**
4 tsp.	**olive oil**
2	**garlic cloves, minced**
1-1/2 tsp.	**dried basil**
1/4 tsp.	**black pepper**
4 cups	**cooked tri-coloured rotini**
1 cup	**broccoli florets**
1/2 cup	**frozen peas, thawed**
2 tbsp.	**fresh parsley, chopped**

Preheat oven to 400°.
Spray a 13"x 9" baking pan with non-stick cooking spray and set aside.
Combine mushrooms, zucchini, tomatoes, peppers, olive oil, garlic, basil and pepper in a large bowl.
Toss until vegetables are evenly coated with oil and seasonings.
Transfer vegetables to prepared baking pan and bake uncovered for 25 minutes, stirring once halfway through cooking time.
Meanwhile, prepare pasta according to package directions.
About 4 minutes before pasta is ready, add broccoli and peas to water.
Drain pasta and vegetables and return to the pot.
Stir in roasted vegetables and parsley.

- **Serves eight**
- **One serving = 1-1/4 vegetables, 1 starch, 1/2 fat**

Salmon Fillets with Fresh Tomatoes

1	garlic clove, minced
2 cups	tomato, finely chopped
4 tsp.	red onion, finely chopped
2 tsp.	olive oil
1/2 tsp.	grated lemon rind
1 tbsp.	fresh dill, chopped
1 tsp.	fresh parsley, chopped
	black pepper
4 - 5 oz	salmon fillets, skin removed

Preheat oven to 450°.

Cut four (12") squares of aluminum foil and coat with non-stick cooking spray.

Combine garlic, tomato, onion, olive oil, lemon rind, dill and parsley in a bowl.

Season with pepper and mix well.

Place each salmon fillet on the prepared foil.

Top with equal amounts of the tomato mixture.

Fold foil over salmon and seal edges tightly.

Place on a baking sheet and bake for 10 minutes or until fish flakes easily when tested with a fork.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable, 1/2 fat**

Shrimp and Rice

2 tbsp.	**oil, divided**
2	**garlic cloves, minced**
1 cup	**yellow pepper, chopped**
3/4 cup	**celery, sliced**
1 cup	**water**
1-1/2 cups	**cooked rice**
20 oz	**cooked shrimp**
1 cup	**snow peas**
2 tbsp.	**lemon juice**
1 tsp.	**dried tarragon**
1 tsp.	**black pepper**
2 tbsp.	**green onion, diced**

Heat 1 tbsp. of oil in large frying pan over medium-high heat.
Sauté garlic, yellow pepper and celery for 2 to 3 minutes.
Add water and bring to a boil.
Stir in rice, shrimp and snow peas.
Cover, turn off heat and let stand 5 minutes.
Whisk remaining oil, lemon juice, tarragon and pepper together.
Toss with rice and vegetable mixture.
Heat briefly and sprinkle with green onion before serving.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1-1/2 starches, 1-1/2 fats**

Spaghetti Dinner

12 oz	**ground chicken or beef**
1/4 cup	**mushrooms, sliced**
1/4 cup	**onion, chopped**
1/4 cup	**green pepper, chopped**
1	**garlic clove, minced**
2 cups	**plum tomatoes, cubed**
1/2 tsp.	**artificial sweetener**
1/2 tsp.	**oregano**
1/4 tsp.	**thyme**
1/2 tsp.	**basil**
1	**bay leaf**
1/4 tsp.	**black pepper**
3 cups	**cooked spaghetti**
6 oz	**mozzarella cheese (optional)**

Cook chicken/beef, mushrooms, onion, green pepper and garlic in a skillet until meat is browned.

Stir in tomatoes, sweetener and seasonings.

Bring to a boil and reduce heat.

Cover and simmer 30 minutes.

Uncover and simmer another 10 to 15 minutes or until it reaches desired consistency, stirring occasionally.

Discard bay leaf.

Serve over a 1/2 cup of spaghetti and sprinkle each serving with 1 oz grated mozzarella if desired.

- **Serves six**
- **One serving = 1/2 protein, 1/2 vegetable, 1 starch, 1 dairy (if cheese used)**

Thanks, Michèle B.

Spinach Sauce and Spaghetti

1/2 cup	**frozen spinach, chopped, thawed and drained**
1/4 cup	**water**
3 tbsp.	**1% cottage cheese**
3 tbsp.	**fresh basil, chopped**
2 tsp.	**olive oil**
1	**garlic clove, minced**
2 cups	**cooked spaghetti**

Process spinach, water, cottage cheese, basil, olive oil and garlic in a food processor until smooth.

Spoon sauce over hot pasta.

Toss and mix well.

Serve immediately.

- **Serves four**
- **One serving = 1 starch, 1/8 vegetable, 1/2 fat**

Stuffed Fillet of Sole

1 cup	spinach, uncooked and shredded
1/4 cup	mushrooms, diced
2 tbsp.	green onion, sliced
1-1/2 slices	melba toast, crushed
1/2 tsp.	dill weed
1/4 tsp.	black pepper
1/4 tsp.	cayenne
5 oz	fillet of sole
2 tbsp.	lemon juice
	paprika
1	lemon slice

Preheat oven to 350°.

Steam spinach and drain.

Mix spinach, mushrooms, green onion, melba toast crumbs, dill weed, pepper and cayenne.

Spoon spinach mixture on top of fish fillet and roll.

Carefully transfer to small casserole dish.

Pour lemon juice over fish, sprinkle with paprika and top with lemon slice.

Cover and bake for 15 minutes.

- **Serves one**
- **One serving = 1 protein, 1-1/2 vegetables, 1/2 starch**

Stuffed Green Peppers

2	large green peppers
8 oz	lean ground beef
1/2 cup	onion, chopped
1 cup	tomatoes, peeled and cut into wedges
1/2 cup	long grain rice
1/2 cup	water
2 tsp.	Worcestershire sauce
1/2 tsp.	dried basil or oregano
1/4 tsp.	ground black pepper
2 oz	mozzarella cheese

Preheat oven to 375°.
Halve peppers lengthwise and remove stem ends, seeds and membranes.
Immerse peppers in boiling water for 3 minutes.
Invert onto paper towels and drain well.
Cook beef and onion in a large skillet until meat is brown and onions are tender.
Drain fat.
Stir in tomatoes, uncooked rice, water, Worcestershire sauce, basil and pepper.
Bring to a boil, then reduce heat and simmer uncovered for 15 to 18 minutes or until rice is tender.
Spoon meat mixture into pepper halves.
Place peppers in a square baking dish.
Bake uncovered for about 15 minutes or until heated through.
Sprinkle with mozzarella cheese and let stand until cheese melts.

- **Serves four**
- **One serving = 1/2 protein, 1 vegetable, 1 starch, 1/2 dairy**

Thanks, Catherine B.

Sunshine Halibut

4 - 5 oz	**fresh halibut steaks**
1/2 cup	**onion, finely chopped**
1	**garlic clove, minced**
2 tbsp.	**fresh parsley**
1/2 tsp.	**orange peel, finely shredded**
1/8 tsp.	**black pepper**
	the juice of one small orange
1 tbsp.	**fresh lemon juice**

Preheat oven to 400°.

Arrange fish in an 8"x8"x2" baking dish and set aside.

Lightly spray an unheated small skillet with non-stick cooking spray.

Add onion and garlic to the skillet.

Cook and stir over medium heat until the onion is tender.

Remove the skillet from the heat.

Stir in parsley, orange peel and pepper.

Spread onion mixture on top of the fish.

Stir orange and lemon juices together in a custard cup.

Pour juice mixture over the fish.

Cover with foil and bake for 10 to 15 minutes or until the fish flakes easily when tested with a fork.

- **Serves four**
- **One Serving = 1 protein, 1/4 vegetable, 1/4 fruit**

Tofu and Mozzarella Baked Dish

2 tbsp.	**olive oil**
20 oz	**firm tofu, cut into 1/2" slices**
1 cup	**onion, chopped**
1	**garlic clove, minced**
2 cups	**plum tomatoes, chopped, with juices**
1/2 tsp.	**oregano**
1/4 tsp.	**rosemary**
4 oz	**mozzarella cheese, grated**

Preheat oven to 350°.

Heat 1 tbsp. of olive oil in a skillet over medium heat.

Add tofu and sauté until it is light brown (about 1 to 2 minutes per side).

Remove from heat and drain on paper towels.

Heat remaining olive oil in a saucepan and sauté onion and garlic, stirring for 2 minutes.

Add tomatoes and seasonings.

Simmer for 10 to 15 minutes.

Lay tofu in a baking dish.

Spoon sauce over the tofu and sprinkle cheese over the top.

Bake tofu uncovered for 20 to 25 minutes, or until the cheese begins to brown.

- **Serves four**
- **One serving = 1 protein, 1 vegetable, 1 dairy, 1-1/2 fats**

Tuna Casserole

6 oz	**plain non-fat yogurt**
1 tbsp.	**fat-free mayonnaise**
	black pepper
	garlic powder
4 oz	**tuna**
1 cup	**cooked elbow noodles**
1/2 cup	**peas**

Preheat oven to 350°.

Combine yogurt and mayonnaise in a bowl.

Add seasoning to taste.

Add tuna and cooked noodles to mixture.

Add peas and mix well.

Pour into a small casserole dish.

Bake for 45 minutes.

- **Serves one**
- **One serving = 1 protein, 1 vegetable, 2 starches, 1 dairy, 1/2 free exchange**

Tuna Stuffed Peppers

4	medium red or green peppers, halved lengthwise and seeded
1 cup	water
1/2 cup	onion, finely chopped
1	garlic clove, minced
2 tbsp.	legal margarine
8 oz	tuna, cooked, drained and chunked
	black pepper
1-1/2 cups	cooked rice
1/3 cup	parsley, finely chopped
1 cup	tomato, seeded and chopped

Place peppers cut side down in a shallow microwavable dish and add 2 tbsp. water.

Cover with wax paper.

Microwave on high for 6 to 7 minutes or until tender-crisp.

Drain water from dish.

Turn peppers cut side up and set aside.

Cook onion and garlic in margarine in a medium saucepan until tender.

Stir in tuna, remaining water and pepper.

Bring mixture to a boil and stir in rice, parsley and tomatoes.

Remove from heat, cover and let stand 5 minutes.

Fill peppers with mixture.

Broil 2 to 3 minutes before serving.

- **Serves four**
- **One serving = 1/2 protein, 1-1/2 vegetables, 1-1/2 starches, 1-1/2 fats**

Veal with Tomato Sauce

4 - 4 oz	**boneless veal sirloin steaks, cut 1/4" thick**
1/4 tsp.	**pepper**
3/4 cup	**onion, chopped**
2	**garlic cloves, minced**
1/4 cup	**water**
1-1/2 cups	**plum tomatoes, chopped up with juices**
3 tbsp.	**dry white wine**
1 tsp.	**oregano**
2 cups	**noodles, cooked**

Lightly sprinkle veal steaks with pepper, then set aside.

Cook onion and garlic in water in a covered saucepan over medium heat until onion is tender.

Stir in tomatoes, white wine, oregano and pepper.

Bring to a boil and reduce heat.

Simmer uncovered for about 15 minutes or to desired consistency.

Keep warm and set aside.

Spray an unheated large skillet with non-stick cooking spray.

Cook each veal steak over medium-high heat for 2 to 4 minutes or to desired doneness, turning once.

Transfer veal steaks to four plates.

Spoon sauce over veal steaks.

Serve with cooked noodles.

- **Serves four**
- **One serving = 1 protein, 3/4 vegetable, 1 starch**

Vegetable Frittata

2 cups	mushrooms, sliced
2 cups	zucchini, unpeeled and sliced
1 cup	red pepper, cut into strips
1/2 cup	onion, diced
4 tsp.	legal margarine
2	potatoes, cooked and shredded
1/2 cup	homemade bread crumbs (see recipe)
4	eggs
6 oz	plain non-fat yogurt
3 oz	shredded mozzarella cheese
1 tsp.	dried basil
	Flavo-Magic™

Preheat oven to 350°.

Sauté mushrooms, zucchini, red pepper and onion in margarine in a frying pan until tender-crisp.

Drain off excess liquid if necessary.

Stir in potatoes.

Sprinkle half of the bread crumbs evenly over bottom and sides of a 9" quiche pan.

Beat remaining ingredients together in large bowl.

Stir in veggies.

Pour egg/vegetable mixture into the quiche pan and spread evenly.

Bake for 30 to 35 minutes or until set and golden.

Let stand 10 minutes before serving for easy slicing.

- **Serves four**
- **One serving = 1/2 protein, 1-1/2 vegetables, 1 starch, 1 dairy, 1 fat**

Vegetable Roast with Rice

16 oz	**boneless lean beef steak, trimmed of fat**
1 cup	**onion, chopped**
1	**whole garlic, finely minced**
1 tsp.	**parsley**
	black pepper
	Flavo-Magic™
4	**small potatoes, sliced**
1 cup	**carrots, chopped**
2 cups	**green, red and yellow peppers, chopped**
1 cup	**green peas**
1 cup	**cooked rice**
4 tsp.	**legal margarine**

Preheat oven to 325°.
Place beef in a baking pan.
Fill half the pan with water.
Throw in chopped onion and garlic.
Flavour with parsley, pepper and Flavo-Magic™.
Bake for 1/2 hour.
Place potatoes and carrots in baking pan.
Bake for another 25 minutes and then add the peppers and peas.
Cook for 10 minutes or until tender.
Garnish with a slice of onion and parsley.
Cook rice according to package directions.
Melt margarine.
Add juice from vegetables/beef to melted margarine.
Pour margarine mix over rice.

- **Serves four**
- **One serving = 1 protein, 2 vegetables, 2 starches, 1 fat**

Veggie Sole

1-1/2 cups	zucchini, sliced about 1/4" thick
1-1/2 cups	tomato, chopped
1 cup	green pepper, chopped
1 cup	red pepper, chopped
1/2 cup	onion, chopped
2 tsp.	olive oil
1 tsp.	oregano
1 tsp.	basil
	black pepper
4 - 5 oz	sole fillets
	juice of 1/2 a lemon

Preheat oven to 425°.

Combine zucchini, tomato, green and red pepper, onion, olive oil, oregano, basil and pepper in a large bowl.

Stir to evenly distribute seasoning.

Transfer to a 13"x 9" baking dish that has been sprayed with non-stick cooking spray.

Bake uncovered for 35 minutes.

Remove from oven and layer fish fillets over vegetables.

Sprinkle fish lightly with pepper and lemon juice.

Bake for another 5 to 7 minutes until fish turns opaque and flakes easily when tested with a fork.

- **Serves four**
- **One serving = 1 protein, 1-1/2 vegetables, 1/2 fat**

White Fish Florentine

4 - 5 oz	fish (flounder, sole or haddock)
	onion powder
	black pepper
2 cups	spinach, cooked
2 tsp.	lemon juice
1 tsp.	vinegar

Lightly sprinkle fish with onion powder and pepper.
Broil until fish flakes easily when tested with a fork.
Mix remaining ingredients in a blender until smooth.
Serve with spinach sauce over fish.

- **Serves four**
- **One serving = 1 protein, 1/2 vegetable**

Desserts
contents

Ambrosia 143
Apple Crisp 144
Apple Sorbet 145
Baked Apple 146
Baked Bananas 147
Champagne Orange Slices 148
Cooked Sweet Apples 149
Cranberry Crunch 150
Frozen Fruit Treat 151
Fruit Kabobs 152
Fruit Tartlet 153
Fruit Whip 154
Fruit and Yogurt Parfait 155
JELL-O Sorbet Salad 156
Lime Time 157
Peach Ice Cream 158
Poached Pears with Raspberry Sauce 159
Raspberry Cream Delight 160
Rhu-berries 161
Stuffed Cantaloupe 162
Sunny Fruit Fiesta 163
Winter Squash Dessert 164

Ambrosia

6 oz	**plain non-fat yogurt**
1 package	**artificial sweetener**
1 cup	**raspberry JELL-O light (prepared)**
1/2 cup	**frozen strawberries**
1/8 cup	**blueberries**
1/8 cup	**crushed pineapple**

Combine yogurt and sweetener.

Pour over JELL-O.

Pour fruit mixture on top.

- **Serves two**
- **One serving = 1/2 fruit, 1/2 dairy, 1 free exchange**

Bored, upset, or depressed? Don't reach for the kitchen cupboard - reach for your running shoes instead.

Apple Crisp

1	small apple, peeled, cored and cubed
3 slices	melba toast, crumbled
1 package	artificial sweetener
	cinnamon
6 oz	plain non-fat yogurt

Combine apple and melba toast in a cereal bowl.
Mix sweetener and cinnamon.
Add to apple mixture.
Serve with plain yogurt.

- **Serves one**
- **One serving = 1 starch, 1 fruit, 1 dairy**

Apple Sorbet

2	small apples, peeled and quartered
2 cups	fresh pineapple, cubed
1/2	medium banana
1/2 cup	plain non-fat yogurt
2 tbsp.	2% milk
1 tsp.	cinnamon
1/4 tsp.	coconut extract

Combine all ingredients in a medium size bowl.
Pour into an 8" square pan.
Cover and freeze for 24 hours.
Remove and thaw 5 to 10 minutes.
Put frozen mixture in a blender.
Purée until it reaches desired consistency.
Serve immediately.

- **Serves four**
- **One serving = 1-3/4 fruits, 1/4 dairy**

A new attitude invariably creates a new result.

Baked Apple

1	**small apple**
1/4 tsp.	**cinnamon**

Preheat oven to 350°.
Core apple.
Sprinkle with cinnamon.
Wrap in aluminum foil.
Bake in a shallow pan for 30 minutes.

- **Serves one**
- **One serving = 1 fruit**

Baked Bananas

2	**medium bananas, halved lengthwise**
2 tsp.	**lemon juice**
4 tsp.	**legal margarine**
1 tbsp.	**brown sugar substitute**

Preheat oven to 350°.
Spray a baking dish with non-stick cooking spray.
Arrange banana slices on baking dish.
Sprinkle with lemon juice.
Melt margarine.
Brush bananas with melted margarine.
Sprinkle with sugar substitute.
Bake uncovered for 15 minutes, turning once.

- **Serves four**
- **One serving = 1 fruit, 1 fat**

Champagne Orange Slices

1	small orange
1/3 cup	Diet Ginger Ale
	cinnamon

Peel and cut orange horizontally into 1/4" slices.
Place in a dessert glass.
Combine Diet Ginger Ale with cinnamon and pour over orange slices.
Refrigerate 2 hours before serving.

- **Serves one**
- **One serving = 1 fruit**

Cooked Sweet Apples

1	**small apple, peeled, cored and cubed**
1 package	**artificial sweetener**
1/4 tsp.	**cinnamon**
1/4 cup	**water**

Combine all ingredients in a small sauce pan.
Bring to a boil.
Lower heat and simmer for 10 minutes.

- **Serves one**
- **One serving = 1 fruit**

Cranberry Crunch

1/2 cup	**fresh cranberries**
1 package	**artificial sweetener**
1/2 cup	**lemon-lime flavoured diet pop or Diet Ginger Ale**

Sprinkle cranberries with sweetener.
Simmer in soda for approximately 10 to 15 minutes, cool and drain.
Refrigerate before serving.

- **Serves one**
- **One serving = 1 fruit**

Frozen Fruit Treat

1 serving	**your favourite fruit, frozen**
1/4 cup	**Crystal Light**

Blend frozen fruit and Crystal Light to mix.
Serve immediately.

Suggestion: 1 cup strawberries and Lime Crystal Light.

- **Serves one**
- **One serving = 1 fruit**

Fruit Kabobs

2 cups	strawberries, halved
1/4	honeydew melon, cut into 1" cubes
1 cup	pineapple, cut into 1" cubes

Fruit Dip:

3 cups	plain non-fat yogurt
2 tbsp.	lemon rind, grated
2 tbsp.	orange rind, grated
1 tbsp.	vanilla extract
	artificial sweetener

Alternately thread fruit onto 8" skewers.

Combine first four fruit dip ingredients.

Sweeten to taste.

To serve, pour dip in a small bowl and place in centre of a serving platter.

Arrange kabobs around dip on serving platter.

- **Serves four**
- **One serving = 1-1/2 fruits, 1 dairy**

Fruit Tartlet

1/2 cup	1% cottage cheese
1/4 tsp.	lemon rind, grated
	artificial sweetener
1/8 tsp.	vanilla extract
1/2 cup	blueberries
	lemon zest, for garnish

Blend cottage cheese until thick and creamy.

Add lemon rind, sweetener and vanilla extract.

Spoon mixture into a custard cup.

Top with blueberries.

For an attractive presentation, place berries, one by one, in a circle following the edges of the cup.

Keep filling in circle after circle until the area is filled.

Sprinkle lemon zest on top.

Variations:

1	small peach with almond extract or nutmeg
1 cup	fresh cherries with cinnamon, vanilla extract and lemon rind
1 cup	fresh strawberries with orange extract and orange rind

- Serves one
- One serving = 1 fruit, 1 dairy

Fruit Whip

3/4 cup	**boiling water**
1 package	**JELL-O Light, any flavour**
1/2 cup	**cold water**
	ice cubes
1 cup	**strawberries**
1/2 cup	**raspberries**

Pour boiling water into blender.

Add JELL-O powder.

Cover and blend at low speed until gelatin is completely dissolved (about 30 seconds).

Combine cold water and ice cubes to make 1-1/4 cups.

Add to gelatin and stir until the ice is partially melted.

Blend at high speed for 30 seconds.

Pour into dessert glasses and spoon in fruit.

Chill until firm (about 20 to 30 minutes).

Dessert layers as it chills.

Garnish with slice of fruit.

Serves four
One serving = 1/2 fruit, 1 free exchange

Fruit and Yogurt Parfait

4	peaches, sliced
24 oz	plain non-fat yogurt
1 cup	seedless grapes, quartered
2	medium pears, peeled and sliced
1/2 cup	fresh pineapple chunks
4	cherries

Reserve 8 peach slices for garnish.

Layer peach slices, yogurt, grapes, yogurt, pears, yogurt and pineapple in 4 parfait glasses and top with remaining yogurt.

Garnish each with a cherry and 2 peach slices.

- **Serves four**
- **One serving = 2 fruits, 1 dairy**

Listen to your body.
It knows what's best for you!

JELL-O Sorbet Salad

1/2 package	**strawberry JELL-O Light**
1 cup	**boiling water**
2 cups	**Chapman's Strawberry Sorbet**
1/2 cup	**strawberries, sliced**

Mix strawberry JELL-O Light with boiling water.
Chill until it slightly thickens.
Remove from refrigerator and add sorbet.
Blend until smooth.
Add strawberries.
Stir and chill approximately 2 hours or until set.

Variation: Use other flavours of JELL-O Light, fruit and sorbets.

- **Serves six**
- **One serving = 1 free exchange**

Thanks, Marlene S.

Lime Time

1 package	**lime JELL-O Light (4 serving)**
2 cups	**seedless green grapes, halved**
6 oz	**plain non-fat yogurt**

Dissolve JELL-O powder as directed on package using quick set method.

Measure 1 cup of JELL-O into a bowl.

Stir in grapes.

Fold 1/2 cup of yogurt into remaining JELL-O.

Spoon half of the fruit into four dessert dishes.

Pour the cream JELL-O on top.

Chill for 10 minutes.

Spoon remaining fruited JELL-O over creamy layer.

Top with a drop of yogurt.

Chill until set, about 30 minutes.

- **Serves four**
- **One serving = 1/2 fruit, 1/4 dairy, 1 free exchange**

Start with mini goals for yourself.
They are easier to reach.

Peach Ice Cream

1	small peach, pitted and quartered
6	ice cubes
1 tbsp.	skim milk
	vanilla extract
	almond extract
	artificial sweetener
2 tsp.	lemon juice
	cinnamon

Place all ingredients in a blender.
Blend until mixture doubles in volume and is smooth.
Sprinkle with cinnamon.

- Serves one
- One serving = 1 fruit

Poached Pears with Raspberry Sauce

4	**medium pears, cored and peeled**
	freshly squeezed lemon juice
2 cups	**water**
2 cups	**unsweetened frozen raspberries, thawed**
1/3 cup	**dry white wine**
1 tsp.	**artificial sweetener**

Cut a thin slice off the bottom of each pear so it stands.
Rub pears with lemon juice.
Bring water to a boil in a large saucepan.
Place pears upright in pan.
Add additional water to cover pears to prevent them from turning brown.
Return to boil then reduce heat.
Cover and simmer for 8 to 10 minutes or until tender.
Chill pears in cooking liquid.
For the sauce, place raspberries in a blender or food processor.
Cover and purée.
Place puréed raspberries in a small saucepan and stir in white wine and sweetener.
Bring to a boil then reduce heat.
Simmer uncovered for 15 to 20 minutes or until reduced to about 3/4 of a cup, stirring occasionally.
Chill.
To serve, spoon most of the raspberry sauce onto 4 serving plates.
Remove pears from poaching liquid and place upright in sauce.
Spoon remaining sauce over pears.

- **Serves four**
- **One serving = 2 fruits**

Raspberry Cream Delight

1 cup	**boiling water**
1 package	**raspberry JELL-O Light (4 serving)**
1 cup	**vanilla ice milk**
1 cup	**frozen unsweetened raspberries**

Pour boiling water over JELL-O in bowl.

Stir until dissolved.

Stir in vanilla ice milk and raspberries, breaking up raspberries with a fork.

Spoon into four dessert dishes.

Chill until set (about 20 minutes).

- **Serves six**
- **One serving = 1/3 fruit, 1 free exchange**

Rhu-berries

6 cups	**rhubarb, sliced**
1 cup	**strawberries, sliced**
1/3 cup	**water**
3 tbsp.	**liquid sweetener**

Place fruit and water in a saucepan.
Bring to a boil.
Cover and simmer until tender (about 10 to 15 minutes).
Remove from heat and let cool.
Place in serving dishes and add sweetener.

- **Serves seven**
- **One serving = 1 fruit**

Thanks, Catherine B.

Stuffed Cantaloupe

2	cantaloupes (equal to 2 cups)
1 cup	blueberries
2 cups	strawberries, sliced
2 tsp.	lemon juice
2 packages	artificial sweetener

Chill cantaloupes, blueberries and strawberries.

Cut cantaloupes in half, removing the seed portion.

Cut the edge of each melon half into a jigsaw pattern.

Combine the blueberries, strawberries, lemon juice and sweetener in a large bowl.

Mix well.

Fill each melon half with berry mixture.

- **Serves four**
- **One serving = 1-1/4 fruits**

Bring the natural sweetness of cantaloupe, honey dew, or papaya by cutting them into chunks and squeezing fresh lemon juice over them.

Sunny Fruit Fiesta

1 cup	**cantaloupe, cubed**
1/2	**honeydew melon, seeded and cubed**
1 cup	**fresh strawberries, sliced**
1 cup	**black or red seedless grapes**
2 to 3 packages	**artificial sweetener**
2 tbsp.	**freshly squeezed lime juice**
1-1/2 tsp.	**lime peel, grated**

Mix fruit and sweetener together.
Drizzle with lime juice.
Garnish with grated lime peel.

- **Serves four**
- **One serving = 2 fruits**

Success is doing something usual and doing it unusually well.

Winter Squash Dessert

1 slice	**winter orange squash, 1/2" thick**
1	**apricot, halved**
1 slice	**pineapple**
	mace
	cinnamon
	cardamom
	fresh mint

Preheat oven to 400°.
Cut a piece of aluminum foil.
Cut slice of winter squash (do not peel).
Remove pulps and seeds.
Place in centre of foil.
Place 1 apricot half in hole of squash.
Add slice of pineapple on top of squash.
Top with second apricot half, cut side down.
Sprinkle with mace, cinnamon and cardamom.
Seal foil tightly, allowing space for steam to escape.
Bake for 15 to 20 minutes.
Place on plate and garnish with fresh mint.

- **Serves one**
- **One serving = 1 vegetable, 1 fruit**

Beverages

contents

Cantaloupe Smoothie 167
Frozen Fruit Smoothie 168
Fruit and Yogurt Smoothie 169
Jump-Start Energy Drink 170
Lemonade 171
Pear, Yogurt and Spice Shake 172
Pineapple Summer Surprise 173
Strawberry and Papaya Shake 174
Super Shake 175

Cantaloupe Smoothie

1	medium banana
1 cup	cantaloupe
4 oz	plain non-fat yogurt
	juice of one small orange
2 packages	artificial sweetener
1 tsp.	vanilla extract

Place unpeeled banana in freezer overnight.
Remove banana from freezer and let sit for a few minutes.
Remove skin with a paring knife and cut into chunks.
Place all ingredients in blender and blend until smooth.

- **Serves two**
- **One serving = 2 fruits, 1/3 dairy**

Don't forget to use extracts for added flavour when making fruit smoothies: vanilla, walnut, peppermint and lemon.

Frozen Fruit Smoothie

1/2 cup	frozen raspberries
1/2	frozen medium banana, peeled and cut up
	juice of 2 oranges
3 tbsp.	plain non-fat yogurt
1 tsp.	vanilla extract
	fresh mint

Combine raspberries, banana, orange juice, yogurt and vanilla extract in a blender.

Cover and blend until smooth.

Pour into glasses and garnish with fresh mint, if desired.

- **Serves two (8 oz each)**
- **One serving = 2 fruits**

Fruit and Yogurt Smoothie

6 oz	**plain non-fat yogurt**
1/2	**medium banana**
1/2 cup	**pineapple**
4 or 5	**ice cubes**
1 package	**artificial sweetener**

Combine all ingredients in a blender.
Blend at high speed for 2 minutes or until smooth.
Serve in a tall glass.

- **Serves one**
- **One serving = 2 fruit, 1 dairy**

Jump-Start Energy Drink

1/4 cup	All Bran® cereal
1/2 cup	strawberries
4 oz	skim milk
3 oz	plain non-fat yogurt
1 package	artificial sweetener

Combine all ingredients in a blender.
Blend for 1 to 2 minutes or until smooth.

- Serves one
- One serving = 1/2 fruit, 1/2 starch, 1 dairy

Lemonade

2	**large lemons**
10	**mint leaves**
1/2 cup	**boiling water**
1-1/2 cups	**cold water**
2 packages	**artificial sweetener**
2	**mint sprigs**

Squeeze the juice from the lemons, strain and pour into a pitcher.
Add mint leaves and boiling water to the pitcher.
Let the mixture steep for 10 minutes.
Remove mint leaves.
Pour the cold water into the pitcher and stir in the sweetener.
Refrigerate until cold.
Garnish with mint sprigs and serve over ice.

- **Serves eight**

Sodas, juices and other liquid calories can add up. Stick with non-caloric beverages, such as water, mineral water and tea.

Pear, Yogurt and Spice Shake

3	**pears, cored and chopped**
6 oz	**plain non-fat yogurt**
1 cup	**skim milk**
1/4 tsp.	**cinnamon**
1/4 tsp.	**nutmeg (optional)**

Combine all ingredients in a blender.
Blend until smooth.
Serve chilled.

- **Serves two**
- **One serving = 1 dairy, 1-1/2 fruits**

Thanks, Marion D.

Pineapple Summer Surprise

1 cup	**pineapple, crushed**
1	**medium banana, sliced**
2 tsp.	**artificial sweetener**
2 cups	**skim milk**

Process ingredients in a blender until smooth.
Serve over ice.

- **Serves two**
- **One serving = 2 fruits, 1 dairy**

Develop a system of self rewards and your chances of success will be greatly enhanced.

Strawberry and Papaya Shake

6 oz	2% milk
6 oz	plain non-fat yogurt
1 cup	fresh strawberries
1/2 cup	papaya, seeded, peeled and chopped
	artificial sweetener
3	large ice cubes

Combine milk, yogurt, strawberries, papaya and sweetener in a blender.

Cover and blend until smooth.

Add ice cubes one at a time while the blender is running.

Blend until smooth.

Pour into glasses and serve immediately.

- **Serves two (8 oz each)**
- **One serving = 1 fruit, 1 dairy**

Super Shake

1 cup	**skim milk**
1/2	**frozen medium banana**
1 cup	**frozen strawberries**
	artificial sweetener
	vanilla extract

Place all ingredients in a blender, adding sweetener and vanilla extract to taste.

Mix until smooth.

- **Serves one**
- **One serving = 2 fruits, 1 dairy**

Thanks, Dorothy B.

Miscellaneous contents

Apple Treat 179
Apple Wraps 180
Broccoli Pesto Sauce 181
Bruschetta 182
Cheese and Herb Spread 183
Chip Chip Hooray 184
Cottage Cheese Dip 185
Cottage Cheese and Vegetables 186
Cranberry and Orange Relish 187
Creamy Dill and Cucumber Dip 188
Creamy Fruit Topping 189
Crystal Light Yogurt Dip 190
Deviled Eggs 191
Dill Dressing 192
Dill Garden Dip 193
Garlic Shrimp 194
Homemade Bread Crumbs 195
Lemon Marinade 196
Lemon Mayonnaise 197
Magic Barbecue Sauce 198
Orange Yogurt Fruit Dip 199
Roasted Eggplant Spread 200
Seasoned Croutons 201

Spicy Popcorn 202
Spicy Spaghetti Sauce 203
Stuffed Celery 204
Sweet and Sour Mustard Marinade 205
Tomato and Herb Marinara 206
Tomato and Herb Sauce 207
Tomato Salsa 208
Tuna Snacks 209
Tzatziki Sauce 210
Veggie Dip 211

Apple Treat

1	small apple, peeled and cored
1/8 tsp.	cinnamon
1 package	artificial sweetener
	nutmeg
	ginger
1 slice	diet bread

Dice apple.

Combine with cinnamon, sweetener and spices.

Place on baking sheet and bake until apple is tender.

Serve over toasted diet bread.

- **Serves one**
- **One serving = 1/2 starch, 1 fruit**

Apple Wraps

2 slices	**non-fat processed cheese**
1 cup	**Boston lettuce**
1	**small apple**
	lemon juice

Cut cheese into 6 pieces.
Wash lettuce leaves and set aside to drain.
Cut off ends and trim large leaves in half.
Core apple and cut into thin 1/4" slices.
Brush slices with lemon juice to prevent browning.
Assemble by layering apple and cheese slice in between the lettuce.
Hold with toothpick.

- **Serves one**
- **One serving = 1 vegetable, 1 fruit, 1 dairy**

Broccoli Pesto Sauce

1 cup	**broccoli, chopped**
1/2 cup	**fresh basil leaves, chopped**
1	**garlic clove, minced**
	black pepper
2 oz	**1% cottage cheese**
3 oz	**plain non-fat yogurt**
1 tbsp.	**lemon juice**

Purée broccoli in a blender.

Add remaining ingredients and process until smooth.

Spoon room temperature broccoli pesto over vegetables or serve as a dip.

Can be refrigerated in a covered jar for up to one week.

- **Serves two**
- **One serving = 1/2 vegetable, 1/2 dairy**

Bruschetta

1 cup	**tomato, diced**
1/4 cup	**red onion, diced**
1-1/2 tsp.	**chopped fresh parsley**
1 tbsp.	**red wine vinegar**
1-1/2 tsp.	**olive oil**
1/4 tsp.	**dried oregano**
	black pepper
6 slices	**diet bread, toasted**

Combine tomato, red onion, parsley, red wine vinegar, olive oil, oregano and pepper until well blended.

Let stand 10 minutes.

Spoon mixture on top of toast.

- **Serves three**
- **One serving = 1/2 vegetable, 1 starch, 1/2 fat**

Cheese and Herb Spread

2 cups	**1% cottage cheese, drained**
2 tbsp. + 2 tsp.	**legal margarine**
1	**garlic clove, minced**
1/2 tsp.	**dried basil leaves**
1/2 tsp.	**dried marjoram leaves**
1/2	**dried thyme leaves**
1/2 tsp.	**dried dill weed**

Combine all ingredients in a food processor until smooth.
Place in a small bowl.
Cover and chill over night to blend flavours.
Serve at room temperature with melba toast.

- **4 tbsp. spread = 1/4 dairy, 1/2 fat**

If you believe in yourself, no goal is beyond your grasp.

Chip Chip Hooray

1 tbsp.	**olive oil**
1	**egg white**
4	**regular pitas**
	Flavo-Magic™

Preheat oven to 350°.

Whisk olive oil and egg white together in a small bowl, then set aside.

Cut the pitas in half.

Open up the pockets and cut them into two half circles.

Stack half circles 2 at a time, then cut into 3 wedges, leaving you with 12 chips from each whole pita.

Lightly brush the top of each chip with the olive oil mixture.

Place on a baking sheet, oil side up, in a single layer.

Sprinkle Flavo-Magic™ over each chip.

Bake for 15 minutes or until golden brown and crispy.

- **Serves four**
- **One serving = 2 starch, 1 fat**

Cottage Cheese Dip

1 cup	1 % cottage cheese
1	green onion, diced
2 tbsp.	fresh parsley
2 tbsp.	fresh dill or 1 tsp. dried dill weed
1/8 tsp.	black pepper
	garlic powder
	assorted vegetable dippers

Process cottage cheese, green onion, parsley, dill, pepper and garlic powder in a food processor until smooth.

Refrigerate covered for at least 1 hour.

Serve with veggies.

- **Serves four (1/4 cup each)**
- **One serving = 1/2 dairy**

Cottage Cheese and Vegetables

1/2 cup	1% cottage cheese
	dill
	garlic powder
	onion powder
	lemon
1/2 cup	green pepper, diced
1/2 cup	celery, diced

Place all ingredients except vegetables in a blender.
Mix on medium speed until creamy.
Dip vegetables.

- Serves one
- One serving = 1 vegetable, 1 dairy

Cranberry and Orange Relish

1-1/2 cups	**cranberries**
1	**small orange, peeled**
	artificial sweetener (approx. 2 packages)

Grind all ingredients in a food processor.
Store in refrigerator or freeze.

- **Serves four**
- **One serving = 1 fruit**

Creamy Dill and Cucumber Dip

1/2 cup	fat-free mayonnaise
1/2 cup	cucumber, peeled and diced
2 tbsp.	skim milk
1 tbsp.	white vinegar
1 tbsp.	chopped fresh dill or 1 tsp. dried dill weed
1	garlic clove, minced

Combine all ingredients in a food processor.
Whirl until smooth.
Store in a jar and refrigerate.

- **Serves one (2 tbsp.)**
- **One serving = 1 free exchange**

Creamy Fruit Topping

6 oz	**plain non-fat yogurt**
	almond extract
	artificial sweetener

Blend yogurt and almond extract to taste.

Stir in artificial sweetener to taste.

Spoon over your favourite fruit or add 1/4 cup of water and 1 ice cube for a refreshing drink.

- **Serves one**
- **One serving = 1 dairy**

Crystal Light Yogurt Dip

18 oz	**plain non-fat yogurt**
1/2 package	**Crystal Light, any flavour**

Mix yogurt and Crystal Light.
Serve as a dip with assorted fresh fruit pieces.

- **Serves three**
- **One serving = 1 dairy**

Deviled Eggs

8	**hard-boiled eggs, halved**
4 tsp.	**mayonnaise**
2 tsp.	**vinegar**
1 tsp.	**dry mustard**
	onion powder
	black pepper
	paprika

Remove egg yolks and mash together in a small bowl.

Set egg white halves aside.

Combine yolks, mayonnaise, vinegar, dry mustard, onion powder and pepper.

Stir well.

Spoon yolk mixture into egg white halves.

Sprinkle with paprika.

Cover and chill.

- **Serves four**
- **One serving = 1 protein, 1 fat**

Dill Dressing

4 oz	**1% cottage cheese**
1/2 tsp.	**dill**
1/8 tsp.	**onion powder**
5 tbsp.	**water**

Place all ingredients in blender.
Mix on medium speed until smooth and creamy.
Add more water if you prefer a thinner dressing.
Keep refrigerated.
Makes a great veggie dip.

- **Serves one**
- **One serving = 1 dairy**

Dill Garden Dip

1-1/2 cups	**1% cottage cheese**
2 tbsp.	**lemon juice**
1 tbsp.	**onion powder**
1 tbsp.	**chopped parsley**
1-1/2 tsp.	**chopped dill**
	black pepper

Mix cottage cheese and lemon juice in blender for 3 to 5 minutes on medium speed.

Stir in onion powder, parsley, dill and pepper.

- **Serves three**
- **One serving = 1 dairy**

Garlic Shrimp

20 oz	**shrimp**
4 tsp.	**olive oil**
6 - 8	**garlic cloves, minced**
1 tbsp.	**fresh parsley, minced**
1 tbsp.	**freshly squeezed lemon juice**
1/8 tsp.	**black pepper**

Rinse the shrimp and peel off the shell and tails.

De-vein the shrimp by making a small, shallow incision along the back and pulling out the vein.

Warm the olive oil in a skillet over medium heat.

Add the garlic and cook for 1 minute, stirring constantly.

Add the shrimp and sauté.

Add parsley, lemon juice and pepper after 3 minutes.

Cook 1 more minute.

Serve hot or cold, as an appetizer, over pasta, or in a salad.

- **Serves four**
- **One serving = 1 protein, 1 fat**

Homemade Bread Crumbs

2 slices **brown bread (or 4 slices diet bread)**

Preheat oven to 350°.

Cut bread into cubes.

Spread evenly on a baking sheet and bake for 10 minutes or until dried.

Let bread cubes cool then transfer to a food processor or blender.

Process into crumbs.

For seasoned bread crumbs, mix dried herbs (such as thyme, basil and oregano) into the crumbs.

Refrigerate or freeze the bread crumbs in an airtight container.

- **1/2 cup = 2 starches**

Packaged bread crumbs often contain added fats. To eliminate these added fat grams, you can make your own bread crumbs at home. They're super easy, freeze well and put day-old bread to good use.

Lemon Marinade

3 tbsp.	**lemon juice**
2 tsp.	**olive oil**
1/2 tsp.	**dried oregano**
2	**garlic cloves, minced**
	black pepper

Combine all ingredients in a small bowl.
Use to marinate fish for 1 hour.

- **Serves two**
- **One serving = 1 fat**

Lemon Mayonnaise

1/4 tsp.	**thyme**
1 tsp.	**dry mustard**
2	**egg yolks**
2 cups	**safflower oil**
1/2 cup	**lemon juice**

Combine seasonings and egg yolks in a mixing bowl.

Beat until stiff.

Add a 1/4 cup of safflower oil, beating it into the mixture, drop by drop at first, then proceeding more rapidly, keeping the mixture firm.

When the mixture begins to thicken, add a little lemon juice alternately with the oil and continue until all ingredients are used.

Refrigerate to store.

- **Makes 2-1/2 cups**
- **2-1/2 tsp. = 2 fats**

Magic Barbecue Sauce

2 tbsp.	**olive oil**
1 cup	**onion, chopped**
3	**garlic cloves, crushed**
1 cup	**chipotle pepper, chopped**
3 cups	**tomato, chopped with juices**
1/2 cup	**cider vinegar**
3 tbsp.	**fresh lime juice**
2 tbsp.	**brown sugar substitute**
1 tsp.	**Flavo-Magic™**
1/2 tsp.	**cumin**
1/2 tsp.	**coriander**

Heat olive oil over in a saucepan medium heat.
Cook onion and garlic until the onion is soft.
Soak chipotle pepper in boiling water for 30 seconds.
Drain and cool.
Wearing rubber gloves, coarsely chop the chipotle.
Add to onion-garlic mixture and cook another 10 minutes.
Add remaining ingredients and simmer for 30 to 45 minutes.
Let cool.
Process in a food processor.
Store in a jar in the refrigerator.

- **Makes 4 cups**
- **3 tbsp. = 1/4 vegetable, 1/4 fat**

Orange Yogurt Fruit Dip

12 oz	**plain non-fat yogurt**
1/4 cup	**orange peel, grated**
1/4 tsp.	**nutmeg**
1/2 tsp.	**cinnamon**
2 packages	**artificial sweetener**

Combine ingredients and chill.
Use as a dip for your favourite fruits.

- **Serves four**
- **One serving = 1/2 dairy**

Roasted Eggplant Spread

1	**medium eggplant, peeled and cut into 1" slices**
1	**garlic clove**
1/4 cup	**fat-free mayonnaise**
	black pepper

Preheat oven to 500°.
Coat a baking sheet with non-stick cooking spray.
Place eggplant on the prepared baking sheet.
Coat eggplant with cooking spray.
Bake for 10 minutes.
Turn eggplant over and recoat with cooking spray.
Bake for another 10 minutes.
Remove from oven and let cool.
Place garlic in a food processor or blender.
Process until finely chopped.
Add mayonnaise and eggplant.
Process until smooth.
Season with pepper.
Cover and store in the refrigerator for up to 4 days.
Serve with mini pita bread, melba toast, or rice crackers.

- **Serves two**
- **One serving = 1 vegetable, 1 free exchange**

Seasoned Croutons

2 tbsp. Flavo-Magic™
6 slices diet bread, cubed
2 tbsp. olive oil

Preheat oven to 225°.

Pour Flavo-Magic™ into a large plastic bag.

Lightly dust bread cubes with olive oil.

Add bread cubes to bag and shake until coated with Flavo-Magic™.

Place bread cubes in a single layer on a baking sheet.

Bake until croutons are crisp and golden brown (about 10 to 15 minutes).

Let cool.

Use on salads or legal soups.

- **Serves 6**
- **One serving = 1/2 starch, 1 fat**
- **Store croutons in an airtight container for up to 1 week.**

Spicy Popcorn

2 cups	air popped popcorn
2 tsp.	legal margarine, melted
1/4 tsp.	Allspice
1/4 tsp.	Flavo-Magic™
1/4 tsp.	cumin

Place popcorn in plastic bag.
Stir margarine and spices together in a small dish.
Pour into bag and shake to mix.

- Serves one
- One serving = 2 fats, 1 free exchange

Going to the movies? Opt for a Snacker's Choice bar, a quick, delicious tasting snack that promotes better health and balanced nutrition.
**Snacker's Choice bar = 1 free exchange*

Spicy Spaghetti Sauce

2 tsp.	**olive oil**
3	**garlic cloves, minced**
1/2 cup	**onion, finely diced**
1/2 tsp.	**hot red pepper flakes**
2 cups	**plum tomatoes, chopped with juices**

Heat olive oil in a skillet over medium heat.
Cook garlic, onion and pepper flakes.
Gently stir in tomatoes.
Simmer for 20 minutes.

- **Serves two (1 cup each)**
- **One serving = 1-1/4 vegetables, 1 fat**

There is never a need to add salt to food, as sodium is found in almost all foods.

Stuffed Celery

8 stalks	**celery**
1/2 cup	**1% cottage cheese**
1/2 tsp.	**dried dill weed**
1/2 tsp.	**garlic powder**
1/2 tsp.	**onion powder**
1/4 tsp.	**paprika**

Cut celery stalks in half to make smaller pieces.

Combine cottage cheese, dill weed, garlic powder, onion powder and paprika.

Mix well.

Spread lightly into curves of celery stalks.

Dust with additional paprika.

- **Serves four**
- **One serving = 1 vegetable, 1/4 dairy**

Sweet and Sour Mustard Marinade

1 tbsp.	**dry mustard**
1 tsp.	**vinegar**
1 tbsp.	**lemon juice**
	artificial sweetener (to offset sour taste)
1 tsp.	**paprika**
	black pepper
	parsley
	tarragon

Combine all ingredients in a bowl, adding seasonings to taste.

Spoon over chicken, fish, or vegetables at least one hour before serving.

Tomato and Herb Marinara

1 tsp.	olive oil
1 cup	onion, chopped
1 cup	carrots, chopped
1	garlic clove, minced
1 tsp.	oregano
1/2 tsp.	rosemary
3 cups	plum tomatoes, diced with juices
1/4 cup	dry white wine
	artificial sweetener
	black pepper

Heat olive oil in a medium saucepan over medium heat.

Add onion, carrots and garlic.

Sauté for 3 minutes.

Add oregano and rosemary and sauté for another minute.

Add tomatoes and remaining ingredients.

Bring to a boil.

Cover, reduce heat and simmer for 30 minutes or until carrots are tender.

Serve over chicken or pasta.

- **Serves seven**
- **One serving = 1 vegetable**

Thanks, Joyce N.

Tomato and Herb Sauce

4 tsp.	**olive oil**
3 cups	**plum tomatoes, chopped, seeded and peeled with juices**
2 tbsp.	**fresh parsley, minced**
1 tsp.	**dried basil**
1 tsp.	**dried oregano**
1/2 tsp.	**dried thyme**
1	**garlic clove, minced**
	Flavo-Magic™

Heat olive oil in a medium saucepan over medium heat.

Add tomatoes, parsley, basil, oregano, thyme, garlic and Flavo-Magic™.

Cook 13 to 15 minutes until thickened, stirring frequently.

- **Serves four**
- **One serving = 3/4 vegetable, 1 fat**

Tomato Salsa

2 cups	ripe, firm tomato, chopped
3/4 cup	red onion, thinly sliced
1/4 cup	green onion, chopped
1 to 2	garlic cloves, minced (optional)
1 to 1-1/2 tsp.	ground cumin
1/2	lemon or lime rind, finely grated
1 to 2 tbsp.	fresh lemon or lime juice
	black pepper
	Flavo-Magic™

Lightly mix tomato, onions, garlic and cumin in a bowl.

Add lemon or lime rind and juice to the salsa and mix well.

Transfer to serving bowl and sprinkle with pepper and Flavo-Magic™.

- **Serves four**
- **One serving = 1 vegetable**

Tuna Snacks

4 tsp.	**legal margarine**
8 slices	**diet bread, crust removed**
16 oz	**tuna, water packed and drained**
4 tbsp.	**fat-free ranch dressing**
1 cup	**onion, diced finely**

Preheat oven to 350°.

Spread margarine on bread.

Press bread slices into a muffin tin with margarine side face down.

Bake for 10 minutes.

Mix tuna, onion and ranch dressing together and fill cups.

Bake until hot.

- **Serves four (2 snacks each)**
- **One serving = 1 protein, 1/2 vegetable, 1 starch, 1 fat, 1/2 free exchange**

Tzatziki Sauce

1 cup	**fat-free mayonnaise**
1 cup	**plain non-fat yogurt**
1/2 cup	**cucumber, chopped**
1 to 2	**garlic cloves, minced**
1	**green onion, chopped**
1 tbsp.	**lemon juice**
2 tbsp.	**fresh dill**

Mix all ingredients.

Refrigerate several hours or overnight.

Serve with fresh vegetable dippers or pita bread.

- **Makes 2-2/3 cups**
- **One serving (2 tbsp.) = 1 free exchange**

Veggie Dip

1 cup	**plain non-fat yogurt**
1 cup	**fat-free mayonnaise**
1/4 tsp.	**onion powder**
2 tsp.	**chives, chopped**
2 tsp.	**dried dill**

Mix all ingredients together.
Chill about 2 hours.
Serve with raw veggies.

- **Makes 2 cups**
- **One serving (3 tbsp.) = 1 free exchange**

Thanks, Catherine B.

Herbal Magic® is excited to bring you a collection of delicious recipes that celebrate the culinary joys of healthy living. From a wholesome breakfast to a gourmet entrée, Magic Cuisine™ volume 1 has everything you need to help you manage your weight in the most appetizing way possible.

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